**Father's Day**  A very happy Father's Day to all of the dad’s (and all the other significant males in the lives of our children) on this special day.

**A Prayer for Fathers**  
We give our thanks, Creator God, for the fathers in our lives.  
Fatherhood does not come with a manual, and reality teaches us that some fathers excel while others fail.  
We ask for Your blessings for them all and forgiveness where it is needed.  
This Father's Day we remember the many sacrifices fathers make for their children and families, and the ways--both big and small--they lift children to achieve dreams thought beyond reach.  
So too, we remember all those who have helped fill the void when fathers pass early or are absent: grandfathers and uncles, brothers and cousins, teachers, pastors and coaches and the women of our families.  
For those who are fathers, we ask for wisdom and humility in the face of the task of parenting. Give them the strength to do well by their children and by You.  
In Your Holy name, O God, we pray.  
Amen

**Leader Of Welfare & Pastoral Care**  During the last few years I have become increasingly aware of the need to improve College processes in regard to student support, welfare and pastoral care. Many schools in our region and Diocese have a specific person delegated to oversee this. I see great merit in such a role within the school, so as of 2017 we will introduce a new leadership and support role within the College. This role will be called the Leader of Welfare and Pastoral Care and will oversee the Pastoral (Year) Co-ordinators and work closely with the entire Pastoral Care team. I am delighted to announce that the person taking on this role will be Mrs Belinda Mainey. Mrs Mainey will continue to teach Hospitality within the College but will have a new range of responsibilities and duties which will require her load to be significantly reduced. I look forward to working with her, and the whole Pastoral Care team, in providing even better support for our students and families.

**Vinnies Sleep Out**  On Thursday night I was privileged to join many students and staff in this wonderful event. Members of the College Ministry Team including Abigael Baker, Austyn Nugent, Rilee O’Loughlin and Nathan Douglas organise guest speakers, activities and minimal catering (for a good reason) to highlight the plight of our homeless in the community. Despite the bad back and bleary eyes, I feel humbled but also immensely proud of the work the students did in putting this together.

**College Leaders**  On Wednesday, our future College leaders gave their speeches in the hope they would convince the student population that they had the goods to lead the College community. Unlike our Federal Leaders what is most important for these young men and women is not what they can promise the College community, but living a life of example. Reading through their speeches and listing the accounts of their contributions, I know we will be presented with four deserving leaders.

**Writing Program**  Last week saw the commencement of the College Writing program designed to provide support in boosting student performance in the sometimes difficult art of writing. Many will have seen the announcement by the State Government about the Future of the HSC and the requirements around minimum NAPLAN scores in order to achieve this. Whilst the detail around this is still somewhat unclear, what is clear is that we should always find ways to provide more support for all of our students. I look forward to the results of this program in the coming weeks.

**K-12 Mass**  On Thursday I was privileged to attend our annual Kinder-Year12 Mass. It is a lovely celebration of “old and new” so to speak, with our outgoing Year 12 cohort escorted into Mass by the newest intake of young people into our Catholic community. It truly shows the depth of care and respect across our College and
**CANTEEN ROSTER**

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**COLLEGE CALENDAR**

**September**
- 12 – 16 Year 11 Preliminary Exams
- 21 Year 12 Farewell Assembly – 9.30 am
- 22 Year 12 Graduation Mass – 9.30 am
- Prize Giving Ceremony – Start 12 noon
- 23 Last Day of Term 3

**Staff Development Day**
- Pupils Do Not Attend

**October**
- 10 Term 4 Commences
- Staff Development Day
- Pupils Do Not Attend
- 11 Students Return

**BAKING ROSTER**

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<th>5 September</th>
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<tr>
<td>Mon</td>
<td>Natalie Chadwick</td>
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<td>Debbie Hackenberg</td>
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**NEXT P & F MEETING**

14 September 2016
6pm Start
School Conference Room
Administration Building

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**Save the Date**

Year 12 Graduation Mass
Thursday, 22 September

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**Urgently Needed**

Boy school shorts second hand in any size.

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**WORLD SUICIDE PREVENTION DAY**

**CREATE A POSITIVE RIPPLE EFFECT**

**The Baylin Hoskins Foundation**

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World Suicide Prevention Day
connect, communicate, care

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10AM
WHERE: BRIGHTON PARK,
SOUTH WEST ROCKS

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**ST PAUL'S COLLEGE P & F NEWSLETTER ADVERTISING SPONSORSHIP**

The Newsletter cover sheet has room for two (2) more sponsors.

The advertisement is approximately 9.5cm by 3.5cm and costs $60 for the year.

There are approximately 16 newsletters published per year.

If you are interested in advertising, please contact the College office on 6562 7200.
Primary school for the important place each student has in the lives of all here at St Paul’

**Maintaining Respect for Staff** Over the years, I have made it very clear to students that there are only very few instances where they might be in a position to refuse a teacher instruction or direction. Those times are when a teacher asks a student to do something which is likely to cause them harm, or when they perceive some sort of real danger. The other time might be when asked to do something which could be construed as illegal. Other than that, most teacher requests will have a valid reason, whether they are made known to the student or not. In that case, there is no reason for a student to tell a teacher ‘no’. Students who feel that they have the right to say no to a reasonable request, will find themselves suspended and parents contacted.

**The Importance Of Being Here Every Day** I spoke last week with Year 12 students about the importance of focus and attendance at school in these final weeks leading up to holidays and, ultimately, the HSC exams. A common trap for many Year 12 students is to drop their intensity and relax following the trials – we call it the ‘Post Trial Blues’. What is required, in reality, is exactly the opposite. Team work and class time are the keys to success for our HSC students. Many fall just one mark short at the final hurdle, having dropped the ball in those final weeks. I urge all Year 12 students to maximise their time in class, prioritise school over other activities and optimise their chances of success come October and November.

God Bless

Mr Kevin Lewis – Principal
klewis@lism.catholic.edu.au

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**ASSISTANT PRINCIPAL’S MESSAGE**

Students who have sound social and emotional skills are better able to cope with everyday stressors and are less likely to experience mental health problems in the future. They tend to have better relationships with adults and peers and experience more academic success.

Adolescence is a time of change and it can be hard to tell the difference between “normal teenage behaviour” and depression and anxiety. However, about one in four 16–24 year olds have depression and one in twenty-five 13–17 year olds will experience anxiety. If your son or daughter shows signs of these conditions, getting help early can improve their well-being as well as helping to stop the problems happening again when they become adults.

Depression often emerges during adolescence, with long-standing research suggesting one in five adolescents experience depression by the time they reach 18 years. Depression doesn’t just cause sadness or feeling blue, and anxiety doesn’t just make people worry. Young people can express depression and anxiety in many different ways. They might:

- have trouble falling or staying asleep, or spend much of the day in bed
- be tired, grumpy, irritable, fearful or upset most of the time
- feel restless, keyed up or on edge
- lose interest in things they used to enjoy, and have trouble starting and completing assignments or work
- lose concentration and be forgetful and easily distracted
- become withdrawn and lose friends
- be worried and panicky about doing anything out of the ordinary
- either refuse to eat or eat a lot
- complain of feeling physically awful, with unexplained aches.

Our College web site and newsletter carry the images for ‘kids help line’ and ‘Youth Beyond Blue’. Both of these organisations are very well resourced and easy to access. Another information site to visit could be http://www.headspace.org.au/. The information in this article has been taken from the Beyond Blue website. I suggest that all parents have a look at this and similar sites so that we can better nurture and support our children, teenagers and significant other people who are important to the well-being of families.

We have a fantastic pastoral support team at St Paul’s College. Our Pastoral care teachers, together with the Pastoral Co-ordinators, Counsellor and myself, all work together to ensure our students are provided with a safe, secure and supportive environment in which to learn and interact. As a team, we meet regularly both formally and informally, and together we keep the staff informed of individual student requirements and concerns. Please do not hesitate to contact us in order to discuss concerns you might have or ways in which we can better support you and your children.

**Uniform Changes For 2017** Early in 2015, I invited all parents and students to complete a survey on the College summer and winter uniform to inform us about what you would like to see changed or retained. Using this
information, a uniform committee was established to look at the possibility of a uniform which would meet the criteria ascertained from the survey data, as well as from Father Paul Gooley.

As a result, Fr Gooley and Mr Lewis have approved a new College uniform for all students in Years 7-12 from the beginning of next year. Currently, the mechanism by which this will be purchased is still under discussion, however I will inform you of more details as they emerge.

In general, all current uniform items (with the exception for sports uniform and jackets) have been changed. While I suggest you hold off purchasing the new uniforms until later in the year, a decision has been made that there will be a phase in period of at least two years, allowing the Canteen to offload current stocks at a reduced price (see the Uniform Shop sale items in this newsletter).

**Last Week Of Term 3** The last week of this term will be the final week for our Year 12 students. As such, Week 10 (19 – 23 September) will see some special events. These are outlined below:

- **Wednesday, 21 September, 11am – Year 12 Farewell Assembly.**
- **Thursday, 22 September, 9.30 am – Graduation Mass followed [Major Awards Ceremony at 12 noon.**
- **Friday, 23 September – Staff Professional development Day [students not to attend].**

**Mr Guy Campbell – Assistant Principal**

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**REC MINISTRY**

**Shine Conference** Recently, Year 9 and 10 CSYMA students and some Year 11 and 12 leaders attended the SHINE Conference in Coffs Harbour. They got to interact with like-minded students from other schools across the diocese. They danced in the mosh pit to the Emmanuel Worship band, listened to guest speakers, participated in a variety of workshops and met in small groups. They joined in the Adoration of the Blessed Sacrament and concluded with a joint Mass. Feedback from the students was that they had a great time - some say they came back ‘shining’.

**Kindy/Year 12 Mass** On Thursday September 1, St Joseph’s Kindergarten hosted our Year 12 students for a special Mass. The Year 12’s were buddied with a Kindy student to celebrate the Mass. Afterwards, the Kindy kids escorted the Year 12’s to their classrooms and shared morning tea.

**Vinnies Sleepout** A Vinnies ‘Sleep Out’ was held at the College on Thursday night for students and staff who nominated to participate. The purpose of the ‘Sleep Out’ was to raise awareness of the homeless in our local area. It was organised by the Year 11 students who attended Street Retreat in Brisbane last term. Participants slept a bit rough, ate a humble meal of soup and rice and listened to guest speakers on the issue of homelessness. A big thank you to Abigael Baker, in particular, who put in a lot of effort to organise this event.

**Year 12 Graduation Mass** The Year 12 Graduation Mass is set down for Thursday, 22 September, 9.30 am, at the All Saints Church. Invitations will be sent out to parents and carers. Friends and parishioners are also cordially invited to attend. Guests are asked arrive a little bit early to take up the reserved seating towards the front of the church.

**St Aloysius Students Visit** Six Year 9 boys from St Aloysius College, Sydney, will be visiting Kempsey from the 5th to the 16th of September as part of their cross-cultural program. A big thank you to the host families who are providing board and accommodation for the boys. Without your support their visit would not be possible.

**Mr Conrad Tamblyn – Leader of Evangelisation**

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**CURRICULUM**

**Year 8 into 9 Course Selections** Year 8 are currently completing their Open Year 9 Elective selections. The subject lines for Year 9, 2017, will be revealed in the next Newsletter.

**Year 10 Course Selections for Year 11** Year 10 into 11 Course selections have now been completed. Congratulations to all Year 10 students who completed their selection forms and returned them by the specified date.

**Year 12 Trial HSC Examinations** Ms Ann Lunt, the HSC Supervising Presiding Officer for St Paul’s College has asked me to pass on her thanks to all our HSC students for the exemplary way they conducted themselves during the HSC Trial Examinations.

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<tr>
<th>Important Diary Dates</th>
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<tr>
<td>HSC Practical Submission Dates</td>
<td>11 August – 5 September</td>
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<tr>
<td>Year 11 Preliminary Final Exams</td>
<td>12 – 16 September</td>
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<tr>
<td>Year 12 HSC Exams</td>
<td>13 October – 4 November</td>
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**Mr Leon Robinson – Leader of Curriculum**
**LIBRARY MATTERS**

**Premier’s Reading Challenge**  This year’s Challenge is now complete. Congratulations to the thirty four students from Years 7 to 9 who successfully completed it. They will be receiving their official certificates next term. Special mention should be made of Miss Clarke’s 9/1 English class, where almost the entire group reached the target. Along with those who didn’t manage to finish, the total number of books read was a startling 885! Well done everyone.

**Year 12 Students**  Now that the Trials are over and the end of term is drawing near, start looking around for those items that you no longer need and return them to the Library sooner rather than later. You’ll be informed shortly about the procedures we have in place for the eventual return of everything else.

**Chess Club**  This group is steadily expanding and more members are always welcome at lunch-time on Tuesdays and Thursdays.

**Laptops and iPads**  An important reminder about our rules to all those who borrow devices from day to day… please help out by using them in the appropriate way. By this we mean: returning them (in person) after one period (or two at the most); authorised classroom use only; no downloading of non lesson-related apps; logging out upon return; and generally treating them like the costly resources that they are.

**On Display**  Yesterday our HSC Timber, Graphics and Multi Media major works were marked by official examiners. These will remain on display for the next week or so and you’re welcome to come and have a look. To coincide with this, a display of woodworking books and magazines has also been set up from which anyone is free to borrow.

**Quick Reads**  Do you enjoy reading but sometimes get put off by the sheer size of the book? Looking for something light and not too lengthy? We have a new section in the Library that could be just for you! Come and have a look in the far left corner for our recently established section of “Quick Reads”! Guaranteed not to weigh your back-pack down!!! This has been added to our other discreet sections that include: **Short Stories**; **(Auto)biographies**; **Graphic Novels** and **Picture Books**.

**Happy Reading!**

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**NORTH STREET FARM**

**Ag Quip / Breeza Plains Trip**  Last week, fifteen Year 10 Agriculture students travelled to Gunnedah with Mr Bramley and Miss Kenafick.

The students had the opportunity to visit a property called ‘Newhaven’, which is operated by David and Jillian Tudgey. This farm grows cotton wheat, sorghum and chick peas, as well as running a small herd of beef cattle. While on the property, students got to see a Round Bale Cotton picker in action, which David got out of the shed especially for them. This machine is worth about one million dollars at the moment given our currency exchange rate with the US dollar.

We were also taken on a tour of the farm and saw compost being spread and their new overhead sprinkler system which was 950 metres wide and takes fifty four hours to travel from one end of the paddock to the other applying 50mm of water.

Newhaven is located in the centre of the famous Breeza plain and the soils in this area are heavy black self-mulching soils that are ideal for cropping. The soils set extremely hard when dry and when wet, proves to be impassable for many vehicles. Even the new Higer bus found the mud a challenge and became bogged for a short period of time until David towed us out.

After leaving Newhaven, we travelled into Gunnedah where we spent the night at St Mary’s Gunnedah.

The next day was spent at Ag Quip, where we got to see the largest Agricultural exhibition in Australia. The field day is massive and customers can by almost anything required for a farming enterprise.
By 2.30 pm, it was time to head back to Kempsey, and after a brief stop in Tamworth we made the trip back down the Oxley Highway. Thanks to some short hyperventilation stops to quell the motion sickness, we were able to arrive back home by 9 pm.

I would like to thank Miss Kenafick for making the time to come on the trip and, I would also like to thank the students who represented the College well while on the trip.

Mr Graham Bramley – Agriculture Teacher
**Homework Club**: Homework Club is continuing every Wednesday afternoon from 3.25 pm till 4.25 pm in Student Services. Students can complete homework or assignments with the support of a teacher and with access to computers and reference books. The Library will also be open five days a week until 4.30. All students are welcome and encouraged to make use of this valuable service. Those being picked up should do so from the car park behind the Science Block.

Please complete the form below and return it to the Student Services Centre.

**Mrs Jan Stubbs – Additional Needs Teacher**

I give permission for .............................................................. to attend Homework Club on Wednesday afternoons.

He/she will be collected/ walk home (cross out whichever does not suit).

Parent’s name: ................................................................. Phone No.: .................................................................

Parent’s signature: .................................................................

**Mrs Jan Stubbs – Additional Needs Teacher**

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**SPORT NEWS**

**Athletics** On Thursday, 18 August, St Paul’s was represented by a keen group of students competing at the Lismore Diocese Athletics Championship in Coffs Harbour. Every student represented our College well and should all be proud of their efforts. The following placed in their events and have the opportunity to compete at the NSWCCC Athletics Championship in Homebush later this month:

- **Lachlan Davidson**: 1st – 17 Years Javelin, 1st – 17 Years High Jump
- **Darby Lancaster**: 1st – 13 Years 100m, 1st – 13 Years Long Jump, 1st – 13 Years High Jump
- **Joanne Filipcic**: 2nd – 17 Years 100m
- **Chloe Saunders**: 1st – 16 Years 1500m
- **Jessica Terrason**: 1st – 12 Years High Jump
- **Nelly Barnett**: 2nd – 14 Years 200m
- **Jordan Hill**: 2nd – 13 Years 200m
- **Joshua Parkinson**: 2nd – 200m, 2nd – 100m
- **Kaine Parkinson**: 15 Years Hurdles
- **Isaac Parkinson**: 13 Years Hurdles

A further congratulations to Gianna Moore, Darby Lancaster and Lachlan Davidson who were awarded age champions. Lachlan also continued his outstanding high jumping ability breaking the record for the 17 years boys in a new height of 1.90m.

Congratulations to all who attended and thanks to Mr Edwards, Mr Crowley and Mr Love for assisting on the day.

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**Rugby Union** Last Thursday, St Paul’s competed in the Coast 2 Country Cup in Coffs Harbour. Our boys played St Joseph’s Regional in their first game and displayed great team work and were victorious. In the second game, our boys were pressured early but had some great defence and went into the break nil all against John Paul College. Unfortunately, early in the second half, JPC scored a few quick tries and our boys dropped their heads. John Paul College had the momentum and continued to display some great football, going on to win the match. Our third and final game was against Macksville High and our boys ended the day like they started. Some hard running, solid tackles, excellent kicking and great leadership from the older, more experienced players combined for another victory. The boys all played very well. A special mention must go to our courageous captain, Jacob Nelson, for his tough defence and to Heath Lancaster on his try scoring ability and fantastic kicking.
A big thanks must go to Mr Taylor and Mr Stocks for taking the time to coach the boys.

**Coming Events**

- NSWCCC Athletics Championship, Homebush, 16 September 2016
- Lismore Diocese Waterpolo Championships, Alstonville, 8 November 2016

**Miss Dianne Lawrence and Scott Edwards – Sports Co-ordinators**

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**HSC INDUSTRIAL TECHNOLOGY PHOTOS**
The Slim Dusty Centre Proudly Presents

BEHIND THE LINES
The year’s BEST political cartoons 2015

“The Spill” by Mark Knight © 2015

October 6th to November 20th, 2016 - Nulla Nulla Gallery

The Slim Dusty Centre is hosting Behind the Lines 2015, the year’s best political cartoons, a travelling exhibition from the Museum of Australian Democracy at Old Parliament House. Curator Tania Cleary has selected 80 of the best cartoons from 39 of Australia’s best cartoonists. This exhibition displays some of Australia’s most controversial cartoons that test the boundaries of free speech and the freedom of the press.

Behind the Lines 2015 celebrates the role of satire and the best political cartoonists in Australia, whilst highlighting the power that their drawings have in contributing to our daily political and social discourse. The exhibition also includes a video interview of Mike Bowers interviewing the cartoonists, and a family card game based on the cartoons.

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