The Feast of Edmund Rice  May 5 is the feast of Blessed Edmund Rice, an Irish businessman who was so moved by the plight of children in the port city where he worked that he founded schools and eventually a religious order to serve them. When his wife passed away and his daughter grew up, Edmund began to contemplate the next direction he should take in life. He thought about leaving everything behind and joining a monastery. However, one day, as he was talking about his vocation and his future with a friend, a ragged group of poor boys walked by on the street. Inspired by the sight, his friend exclaimed: “What! Would you bury yourself in a cell on the continent rather than devote your wealth and your life to the spiritual and material interest of these poor youths?”

Edmund took the conversation as a sign from God. He took on the mission of improving the lives of poor children through education. He founded his first school in Waterford, Ireland, in 1802 with the intention of helping poor boys “become good Catholics and good citizens.”

Of course our College was founded on the tradition of Blessed Edmund Rice and the Christian Brothers. We acknowledge the great contribution of Blessed Edmund and his Brothers to the education of children throughout the world.

Enrolment Information “Open Night” Next Monday, the College will open its doors to welcome prospective families for enrolment in 2017. Classrooms will be open from 5 pm and will be followed by an information session and an opportunity to make interview bookings. The full schedule is:

- 5.00 – 5.45 Staff in rooms
  Student leaders showing visitors around to rooms via designated route
- 5.45 A long bell will sound
  Staff and students asked to assist with ushering families to the hall
- 5.50 Mr Lewis to speak to seated gathering on enrolment process
- 6.20 – 7.00 Staff back in rooms welcoming visitors who were not able to visit earlier
  Parents can make bookings at this time
- 7.00 Thank you
  Night concludes

ANZAC Day Whilst the weather was a bit off-putting, it certainly did not put off students as they gathered in many locations throughout the Macleay and Nambucca valleys to honour and support our Diggers and the sacrifices they made for home and country. I was proud to lead our students through the streets of Kempsey on Monday, as too were other staff who marched in other locations such as South West Rocks, Willawarrin, Macksville, Gladstone and Crescent Head. Congratulations to all our students who presented themselves so wonderfully and marched with pride.

Staff Spiritual Immersion Day (Staff Retreat) As we do each year for our senior students, Catholic schools also have a mission to provide for the spiritual development of their staff as well. On Monday this week, our staff gathered for their annual staff spiritual immersion day, or Staff Retreat. The focus for our retreat was around the Document from the Catholic Schools Office called ‘The Foundational Practices for Catholic Identity and Mission’. It focused on four main themes

- Christ as the centre of everything we do – especially in relationships with each other and particularly with our students
- Evangelisation especially by our deeds and actions
- Witness via the centrality of the Eucharist in our Catholic lives
- Service to the community – what would Jesus do in this situation?
**COLEGE CALENDAR**

May
2 Year 7 2017 Enrolment Information Night - 5 to 7 pm
3 Years 9, 10 and 11 da Vinci Decathlon – Port Macquarie
4 Years 7 and 8 da Vinci Decathlon – Port Macquarie
5 Rugby 7’s – Coffs Harbour
9 Year 7 2017 Enrolment Interviews Commence
10 - 12 NAPLAN
11 Years 10 - 12 Defence Force Presentation
12 Years 7 - 9 Mass
Year 10 Work Experience KDH
12 - 13 Senior Creative Art Excursion – Sydney

**NEXT P & F MEETING**

11 May 2016
6pm Start
School Conference Room
Administration Building

**BAKING ROSTER**

2 May
Mon Natalie Chadwick
Tue Naomi Keast
Wed Donna Patterson
Thur Git Sadler
Fri Tracey Swan

9 May
Mon Helen Cosic
Tue Alicia Smart
Wed Maree Ward
Thur Cate Madden
Fri Debbie Hackenberg

**CANTEEN ROSTER**

2 May
Mon
Tue Maureen Wolf
Wed Rani Nagra
Thur Sue Young
Fri Sue Young

9 May
Mon Helen Butler
Tue Maureen Wolf, Monique Aladjadja
Wed Rani Nagra
Thur Sue Young
Fri Sue Young, Di Whalen

**YOUTH GROUP**

Bring snack food and board games to share.
Loads of fun with friends. Come and join us!
This Friday night at the Church Hall 6 pm - 9 pm
See Zoe or Mrs Stubbs for more information

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

The Newsletter cover sheet has room for four (4) more sponsors.

The advertisement is approximately 9.5 cm by 3.5 cm 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.

[Image of Headspace logo]
Opening of UNSW Medical Facilities  During the week, I was fortunate to be invited to attend the opening of the University of NSW “SHREC”. This Shared Health Research and Education Centre has been developed in partnership with TAFE and the University of Newcastle and, for the first time, will allow country students to study a FULL MEDICAL DEGREE outside of a city university. 

Our students are most fortunate now in that this facility will allow up to one hundred and fifty students to gain full medical qualifications either solely at this campus, or flexibly with the Sydney campus in medicine. Similarly, the University of Newcastle will provide a full midwifery degree and TAFE will provide Allied Health training meaning that many of our students who would have been forced out of town, or decided against university altogether, can now gain these qualifications at home.

This along with the official opening of Charles Sturt University, which will have up to five thousand students each year, means that our young men and women graduating at the end of this year now have so many options available to them. And St Paul’s College is in the perfect position to provide these opportunities to our students from this year.

Uniform Supply Issues  We are aware that options for the purchasing of College uniforms will soon diminish with the closing of the uniform shop in Centrepoint Arcade in town. However, Joy’s Place in the Abbey (near Woolworths) is still stocking their usual range of uniform. I have been working with the St Joseph’s Primary school principal to find a suitable solution to this issue. Until then I ask parents to do their best to ensure your child is properly uniformed for school each day. I understand the difficulties this may present some, however I ask you to bear with us as we work through the situation. If any families have second-hand items to donate please contact the College as soon as possible.

Have a great Term 2.

God Bless

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

ASSISTANT PRINCIPAL’S MESSAGE

Exams  Welcome back to Term 2, which is always the busiest term of the year. Events such as exams, reflection days, excursions and sports representation always fill up the calendar very quickly. With the concern being that students can easily lose focus on their studies and feel overwhelmed, it is important that they begin planning for their Semester 1 examinations now. For Years 8-11 there will be held in Week 6 (30 May – 3 June). So, although it may seem early in the term to be talking about exam preparation, discussions with your children about study and time management may be required sooner rather than later.

Attendance  In a web based article written by Colorín Colorado (2008), titled “School Attendance: A Key to Success”, the importance of school attendance is outlined. Within the article it is stated that “one of the most important things your child can do to achieve academic success is also one of the most basic: going to school every day”. The author then goes on to outline the benefits of daily attendance, saying that “by attending class regularly, your child is more likely to keep up with the daily lessons and assignments”.

Other benefits also outlined are:

- your child is more likely to achieve his or her best by being at school.
- your child will increase his or her literacy and numeracy skills.
- opportunity improves: being in school every day gives your child a chance to keep up with what is taking place within the College.
- just by being present at school, your child is part of the school community, where they learn how to be good citizens, learn social skills, and develop a world view.
- and finally, your child’s commitment to school attendance mirrors the importance they place on personal responsibilities, such as their education.

With this in mind, next Wednesday during the College assembly, I will be congratulating students who achieved 100% attendance during Term 1.

Year12 Reports  We are in the process of producing Year 12 Mid-Course Reports. These are scheduled to be distributed on Friday, 13 May.

Mr Guy Campbell – Assistant Principal

PROJECT COMPASSION  A fantastic effort by the College in raising $3,465.35 towards Project Compassion in Term 1. Various fundraising activities were run including car washes, cake stalls and food stalls.  A great team effort.

Exams
PEDAGOGY

Over the last few newsletters, I have been writing about having and developing a growth mindset. It is essential that we encourage our children to be willing to keep trying and not to give up. Our Year 12’s have completed their Mid-Course exams and have received feedback on them. It is important that they take time to reflect and evaluate on this information and to make effective use of it, such as redoing the papers using the feedback teachers have given them.

Week 6 is exam week for Years 8-11. During this time, they will be completing exams in a number of their subjects. It is important that they be prepared for them. There are a number of ways your child can be ready to achieve their best. Some examples are:

- Eliminate distractions
- Have a designated place where you child can study
- Ensure the study is active such as
  - Flashcards
  - Mind maps/charts
  - Summaries
  - Break down (chunk) the information to a manageable amount.
  - Have them teach/explain the content to someone/pet.

By assisting your child in revising and studying, you are setting them up for success and ensuring that they have the necessary skills to be lifelong learners.

Mrs Lesa Morrison – Leader of Pedagogy

CURRICULUM

The beginning of Term 2 is always full of apprehension for students, as the focus for the next five weeks will be preparation for Semester Examinations in Week 6 for Years 8-11, NAPLAN testing in Week 3 for Years 7 and 9, and the second half of the HSC course for Year 12, which always includes several internal assessment tasks. Students should have all their examination and assessment task dates planned out in order to best prepare for each event.

Year 12 Students and Parents Year 12 students will have received an email from NSWBOS at their school email address explaining how they can generate a HSC PIN. This allows students to log into the Board’s Students Online website (studentsonline.bos.nsw.edu.au) and also allows them to access their HSC results at the end of the year. From Wednesday, 27 April, students were able to access their personal HSC timetable, showing the dates and times for each of their examinations. Students Online also allows students to access information held about them by the Board of Studies, including their enrolment and personal details. Students are encouraged to check this as it allows for a further check on the accuracy of the information. Note: students are able to change email addresses and mobile phone numbers themselves directly via Students Online. Corrections to any other details are to be made through me.

Year 7 and 9 NAPLAN

<table>
<thead>
<tr>
<th>NAPLAN</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Language Conventions* and Writing</td>
<td>Tuesday, 10 May</td>
</tr>
<tr>
<td>Reading</td>
<td>Wednesday, 11 May</td>
</tr>
<tr>
<td>Numeracy**</td>
<td>Thursday, 12 May</td>
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</tbody>
</table>

Testing will take place over three days:

*Language Conventions includes Spelling, Grammar and Punctuation.

**Numeracy includes Number, Algebra, Function and pattern, Measurement, Chance and Data.

Parents Please Note: There is one numeracy test where calculator use is permitted and one where it is not.

More information about the National Assessment Program can be found at: www.naplan.edu.au

IMPORTANT DIARY DATES

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Year 7 and 9 NAPLAN</td>
<td>10 – 12 May</td>
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<tr>
<td>Year 12 VET Work Placement</td>
<td>23 May – 3 June</td>
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<tr>
<td>Years 8-11 Half Yearly Exams</td>
<td>30 May – 3 June</td>
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<tr>
<td>Year 12 HSC Trial Exams</td>
<td>1 – 15 August</td>
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<tr>
<td>Year 11 Work Placement</td>
<td>8 – 19 August</td>
</tr>
<tr>
<td>HSC Practical Submission dates</td>
<td>11 August – 5 September</td>
</tr>
<tr>
<td>Year 11 Preliminary Final Exams</td>
<td>12 – 16 September</td>
</tr>
<tr>
<td>Year 12 HSC Exams</td>
<td>13 October – 4 November</td>
</tr>
</tbody>
</table>

Mr Leon Robinson – Leader of Curriculum
**LIBRARY MATTERS**

**Premier’s Reading Challenge** All participants in this year’s Challenge should have received their user names and passwords by now. Please let us know if this is not the case. Of the sixty three students who have expressed interest, thirty three have already gone online to register. Special mention should be made of Miss Clarke’s Year 9 class, all of whom have expressed interest and twenty three of whom have registered online. And congratulations to Aiden Hodges (Year 8) who has already completed the Challenge. Not only has he earned his award (to arrive later in the year) but he has also gained 50 house points. Other noteworthy efforts have come from Jakob Czippan-Sowter (14), Olivia Brenton (12), Rowan Hodges (12), Rhys Gleeson (11), Lachlan Chapman (11) and Alex Czippan-Sowter (10), all of whom have reached double figures and are well on their way to completion. Remember, the rules allow you to go all the way back to Term 4 last year. Look for those books with the green dots on their spines, many of which are on display. Or simply search “PRC” on the Library homepage to see the hundreds of books on offer.

**Overdues** Late last term, most students were issued with Overdue Reminders, either by hard-copy notification or email. It’s most important to respond to these by doing one of three things:

- Return or renew the borrowed item/s
- Pay for their replacement. If this is done online, please inform the office via a phone call, email or note or
- Come and talk to Library staff to explain any mitigating circumstances.

Many hundreds of dollars’ worth of resources are out there, when we all know where they should **REALLY** be. Term 1 House Points will be calculated soon for those with the cleanest borrowing records so get those overdues in. **Happy Reading!**

Mr Peter Garty – Teacher/Librarian

**NORTH STREET FARM**

**Wauchope Show** The team looked great in both the casual and formal team shirts that were supplied by the Rudder family. We had a lot of parental support which is great to see.

Thanks also to Darran and Sonia Stephen who came to Wauchope to cook breaky for the kids at 6 am on Saturday morning.

Thanks to Mr Kevin Lewis who also came along to watch for a couple of hours in the morning to support the team.
And thanks to Ms Di Lawrence for running me around to collect the truck that we borrowed.

Travelling with fourteen students, ten head of cattle, feed, water troughs, wheel barrows, hay bales, hoses and boxes of show gear is not without its challenges, however the task was made easier with the support that we were given.

**Mr Graham Bramley – Agriculture Teacher**

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**SPORT NEWS**

**Cross Country** On Tuesday, 4 April we held our annual Cross Country Carnival. This year, the weather was rather warm and allowed us to utilise our dry weather track at the Francis Farm on North Street. We’d like to congratulate the following age champions and runners up:

<table>
<thead>
<tr>
<th>BOYS</th>
<th>CHAMPION</th>
<th>RUNNER-UP</th>
<th>GIRLS</th>
<th>CHAMPION</th>
<th>RUNNER-UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>Adam Grant</td>
<td>Lachlan Harris</td>
<td>12</td>
<td>Caitlin Rudder</td>
<td>Phoebe Bramley</td>
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<td>13</td>
<td>Tom Fletcher</td>
<td>Levi Langham</td>
<td>13</td>
<td>Shanae Lennon</td>
<td>Taylah Swan</td>
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<tr>
<td>14</td>
<td>Charley Townley</td>
<td>Will Connolly</td>
<td>14</td>
<td>Nelly Barnett</td>
<td>Cara Rudder</td>
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<tr>
<td>15</td>
<td>Finn Askew</td>
<td>Caleb Allen</td>
<td>15</td>
<td>Madalynne Farah-Halls</td>
<td>Taylah Maybon</td>
</tr>
<tr>
<td>16</td>
<td>Hayden Clarkson</td>
<td>Griffin Ryan</td>
<td>16</td>
<td>Shanna Wood</td>
<td>Madeleine Rowe</td>
</tr>
<tr>
<td>17</td>
<td>Brody Hay</td>
<td>Harry James</td>
<td>17</td>
<td>Chloe Saunders</td>
<td>Neesha Bozinovski Laurina Clarke</td>
</tr>
<tr>
<td>18</td>
<td>Tom Clarke</td>
<td>Isaac Robinson</td>
<td>18</td>
<td>Edith Wilshusen</td>
<td>Coralie MacDonald Bridget Barber Lisa Knox</td>
</tr>
</tbody>
</table>

12 Adam Grant 12 Caitlin Rudder
13 Tom Fletcher 13 Shanae Lennon
14 Charley Townley 14 Nelly Barnett
15 Finn Askew 15 Madalynne Farah-Halls
16 Hayden Clarkson 16 Shanna Wood
17 Brody Hay 17 Chloe Saunders
18 Tom Clarke 18 Edith Wilshusen

We would also like to congratulate and thank all those who participated and made the day an enjoyable one. A big thank you must also go to Mr Bramley and Mr Irvine for mowing the track and allowing us to take over the farm for a day. Thanks, also, to those staff members who helped out.

**Rugby League** On 6 April, we had four boys represent the Lismore Diocese in rugby league at Smithtown: Kaine Parkinson and Jack Keough in the U15’s and Joel Stocks and Nathan Phillips in the Opens. The boys were vying for selection in the NSW Northern Country team to play at the NSWCCC selection later this year. The boys all played well against some very strong competition and should all be proud of their efforts. Congratulations to Nathan Phillips who was successful in selection. Congratulations and thank you must also go to Mr Robinson, for organising a successful day and to Mr Moorehead, Mr Edwards and Mr Stocks for coaching the Lismore Diocesan teams.
Swimming Today, Friday, 29 April, Hugh Shannon, Jessica Grant, Rebecca Grant and Adam Grant will be representing the Lismore Diocese at the NSWCCC Swimming Championships in Homebush. We wish them all the best and look forward to announcing their results in the next newsletter.

Softball Next week, our very own Mr Peter Garty will be at the Schools Sport Australia Softball Championships in Melbourne as assistant coach for the NSW All Schools Under 17 boys team. We congratulate him on this position, and wish him and the team all the best at this competition.

Upcoming Events
Lismore Diocesan Touch Trials – Lismore, 3 May 2016
Lismore Diocesan Cross Country – Grafton, 18 May 2016
Lismore Diocesan Tennis Championships – Grafton, 25 May 2016

Miss Dianne Lawrence and Scott Edwards – Sports Co-ordinators

How to deal with BIG FEELINGS:
Mindfulness Skills for Parents & Kids

Facilitated by Sara Phillips, Life Coach & Parent Educator
Mindfulness research demonstrates it is possible to train your brain to cope with difficult and painful thoughts and feelings - those BIG feelings such as anger, frustration, anxiety and worry. Mindfulness helps you to reduce stress, effectively handle your emotions and enhances optimism and resilience.

This fun, interactive workshop will teach you how to:
- Understand how a child’s brain works
- Understand why kids react the way they do
- Use simple strategies to calm down quickly
- Teach simple mindfulness skills to your children
- Cultivate gratitude and optimistic thinking in your family life

WHEN: Wednesday 4th May 5.30pm to 7.30pm
WHERE: St Peter’s Primary School Hall

“BOOK EARLY. LIMITED NUMBERS”
MARIA: 0432 647 822 / mdoherty@pac.stagnes.org.au

www.mindfulparentingmindfulcoaching.com
BRAIN GYM

MAY 16, 2016 5:30-7:30

SWITCHED ON FOR SCHOOL & LOVING LIFE

Brain Gym is a program which focuses on the physical aspects of learning and behaviour. Doing the Brain Gym movements switches on the physical functioning of your brain and central nervous system, improving learning, thinking abilities, behaviour, motivation, self-esteem and confidence.

Understanding that there is a physical side of learning, we can open new pathways of communication within the brain to access more of our potential.

Source: http://www.braingym.org

RSVP by: MONDAY 9TH MAY 2016
Click here to register
Or to go http://goo.gl/forms/Lu1HM0R7V0
Further queries please call Lisa Toomey
Mobile: 0417 515 101

Child minding available!
———

Enjoy light refreshments with other parents
———

Great for all ages and abilities
———

Increase Confidence Reduce Stress
———

Switch on the brain for learning!
Teach your children how!

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Port Macquarie NSW 2444
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http://parent.lism.catholic.edu.au