PRINCIPAL’s REPORT

National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. Stolen generations refer to Indigenous Australians who were forcibly removed from their families and communities. In 2005, the National Sorry Day Committee renamed Sorry Day as a National Day of Healing for all Australians: ‘The Day will focus on the healing needed throughout Australian society if we are to achieve Reconciliation’ (extract from the National Sorry Day Council Archives: Senator Aden Ridgeway, National Day of Healing Launch, Great Hall Parliament House, Canberra, Wednesday, 25 May, 2005). I encourage all families to recognise and support this important day of observance.

Achieving Balance in Parenting The challenge of parenting in the 21st Century is one that is increasingly complicated and challenging. Parents must find that delicate balance between doing too much and not doing enough. It is easy for parents to believe that being at either of these extremes (whether they realise or not) is the best for their child. As parents, we have a very difficult job. We need to keep one eye on our children now - their stressors, strengths, emotions - and one eye on the adults we are trying to raise. Getting them from here to there involves some suffering, for our children as well as for us. In practical terms, this means letting children struggle, allowing them to be disappointed, and when failure occurs, helping them to work through it. It means letting your children do tasks that they are physically and mentally capable of doing. In allowing children some room to fail, to tackle disappointment head on, we give them the opportunity to develop resilience and coping skills in order to develop strong life-skills. Remembering to look for opportunities to take one step back from solving our child’s problems will help us build the resilient, self-confident kids we need. Staff at the College recognise this delicate balancing act and support parents in their role as primary carer of their child. There are times when parents need to let go and allow the child, in partnership with the College, to develop suitable actions and reactions that allow them to grow as young men and women.

Year 9 and 10 Mass For many of us, the chance to thank those who support us in so many ways is often rare and fleeting. One such opportunity is the weekend Mass offered by each of the year groups for the Parish. This weekend we will hold one of these Masses as a way of thanking the parishioners of this wonderful Parish. It is in no small way a testament to their weekly monetary and spiritual contributions that St Paul’s College is able to thrive as a College today. For some families, the idea of attending Mass may be a difficult one. I ask all families, and especially those of students in Years 9 and 10, to come along as a way of saying ‘thank you’ to our wonderful parish for the support they so generously offer. A small amount of time out of your schedule this Sunday will say so much to the people who support your child in their education.

Reminder on Uniform As we move into the cooler months, a few foreign items of clothing are starting to appear. I remind parents that only uniform items are to be worn to school. If for some reason an item cannot be worn or another non-uniform item must be worn, the following is required by a parent or caregiver:

- A note to the PC teacher in your child’s diary explaining the reason for the incorrect item
- A further notation explaining when the error will be corrected
- Explanation must be signed and dated

Prayer for the Journey of Healing

Almighty and loving God, you, who created ALL people in your image, lead us to seek your compassion as we listen to the stories of our past.

You gave your only Son, Jesus, who died and rose again so that sins will be forgiven. We place before you the pain and anguish of dispossession of land, language, lore, culture and family kinship that Aboriginal and Torres Strait Islander peoples have experienced.

We live in faith that all people will rise from the depths of despair and hopelessness. Aboriginal and Torres Strait Islander families have endured the pain and loss of loved ones, through the separation of children from their families.

We are sorry and ask God’s forgiveness. Touch the hearts of the broken, homeless and afflicted and heal their spirits.

In your mercy and compassion walk with us as we continue our journey of healing to create a future that is just and equitable.

Lord, you are our hope.

Amen.
**COLLEGE CALENDAR**

May
- 29 Year 9 and 10 Parish Mass
- 30 Year 12 Hospitality Work Placement Continues
  - Years 8 - 11 Exams Commence

June
- 3 Years 8 - 11 Exams Finish
- 6 Years 9 - 11 Drama Workshop ‘Belvoir Theatre’ – St Paul’s
- 8 - 9 Year 12 Science Excursion – Sydney
- 13 Queen’s Birthday – Public Holiday

**BAKING ROSTER**

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

6 June
- Mon Helen Cosic
- Tue Alicia Smart
- Wed Maree Ward
- Thur Kate Madden
- Fri Debbie Hackenberg

**CANTEEN ROSTER**

30 May
- Mon
- Tue Maureen Wolff
- Wed Rani Nagra
- Thur Sue Young
- Fri Sue Young

6 June
- Mon Helen Butler
- Tue Maureen Wolff, Monique Aladjadja
- Wed Rani Nagra
- Thur Sue Young
- Fri Sue Young, Di Whalen

**CANTEN NEWS**

School socks are now in stock at the canteen.

**YOUTH GROUP**

**MOVIE NIGHT**

Bring a sleeping bag / blanket plus food 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

**THANK YOU**

Cavanagh's Bus Service

For their support and great service

[Logo: headspace National Youth Mental Health Foundation]

[Logo: Kids Helpline 1800 55 1800]
Clothing Pool  One option is to provide a clothing pool of old (but still in good condition) jumpers and jackets for students to borrow. If you have any of these at home that you no longer require, please send them in and we will gladly accept them for our clothing pool.

Semester One Exams for Years 8-11  Next week commences the exam period for our students in Years 8 to 11. I encourage all students to make use of their talents and in time in preparation for these exams. Year 7 will continue with their program of continuous assessment and, whilst they are not part of the formal exam period, they will know that their teachers are constantly assessing their class and assignment work.

God Bless

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

ASSISTANT PRINCIPAL’S MESSAGE

Attendance  One of the most important things a student can do to achieve academic success is also one of the most basic: that is to attend school every day. In fact, research has shown that a student’s attendance record may be the biggest factor to influence their academic success.

At St Paul’s, we encourage all forms of achievement to be acknowledged as positive and inspiring. In keeping with the College’s push for maximum involvement and participation, it is important to recognise those students who have been able to maintain this impressive record. This term, at a whole school assembly, I acknowledged students who had perfect attendance in Term 1. Congratulations to all of you.

Just a note on attendance: Students who have been absent on school business, excursions, etc are deemed to be at school and therefore not counted as absent.

NAPLAN 2016  From 10 – 12 May, Year 7 and Year 9 students undertook National Assessment Program – Literacy and Numeracy (NAPLAN) testing. Later in the year, parents will receive their child’s personal report. The report provides a snapshot of your child’s particular skills – at a point in time – in the areas of literacy and numeracy. This information should be interpreted in conjunction with school based forms of assessment, the results of which you receive in the College Semester reports.

NAPLAN data provides valuable information at the level of individual students and also year level information. It assists teachers to identify students’ strengths and weaknesses in literacy and numeracy. It informs teacher judgements and shapes teaching strategies. At a College level, we are provided with an overview of current performance for groups of students. Therefore, this data assists in school planning to improve Literacy and Numeracy performance over time.

Bullying  is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons. It can have long-term effects on those involved. Bullying has been spoken about across several forums outlining its effects and what bullying actually is and is not. Students have been made aware that although bullying does happen in all areas of society, it is not acceptable, and should not be allowed. St Paul’s is committed to the provision of a safe learning environment for all.

Bullying in any form will not be tolerated, however, in saying this, bullying can and does happen. It can happen and/or face-to-face (e.g. pushing, tripping, name-calling), at a distance (e.g. spreading rumours, excluding someone), through information and communications technologies (e.g. use of SMS, email, chat rooms).

Some conflicts between children are a normal part of growing up and are to be expected. These conflicts or fights between equals and single incidents are not considered bullying, even though they may be upsetting and need to be resolved.

Identifying bullying can sometimes be difficult. Bullying is often conducted out of sight of teachers and children may be reluctant to report it.

Cyberbullying is a term used to describe bullying that is carried out through internet or mobile device technologies. Children who are cyberbullied are also likely to be bullied face-to-face. Cyberbullying is one potential cybersafety issue for children when they use computers and mobile phones. One very good resource is the ‘Bullying. No way!’ program. This can be accessed at the following link: http://bullyingnoway.gov.au/

PRAYER FOR STUDENTS UNDERTAKING EXAMS

Loving God, be with me now, as I prepare for my exams.
Thank you for the many talents and gifts you have given me and for the opportunity of education.
Calm my nerves and anxiety, help me to remember all that I have studied, to express it clearly and to answer the questions the very best that I can.
Holy Spirit, sit with me in my exam - and always.
In Jesus’ name
Amen
All students have access to a google form called ‘Being Bullied’. By completing this form, they can indicate to me incidents of bullying experienced or witnessed by them. This form of communication allows me and the Pastoral Co-ordinators to respond to any incidents of bullying straight away.

I thank all parents for their support.

Mr Guy Campbell – Assistant Principal

---

**REC MINISTRY**

**Year 9 and 10 Sunday Mass**  Parents and families of Year 9 and 10 students are warmly invited to attend Mass at the All Saints Parish Church, Kemp Street, this Sunday at 9.30 am. The Mass will be followed by a morning tea. Years 9 and 10 teachers will be in attendance and Years 9 and 10 students will be involved in the liturgy.

**Year 9 Reflection Day** will be held at South West Rocks on Thursday 9 June. Notes will be sent home with students early next week with more details. All students in Year 9 are expected to attend. There is no cost as this is covered by the RE subject levy.

**Year 11 Street Retreat** Four students from Year 11 will participate in a Street Retreat on June 16 – 19. They will work with organisations that provide support for people who live on the streets of Brisbane. Selected Year 11 students from other Catholic schools across the diocese will also participate. Mr Tamblyn will accompany the students.

**Year 10 Retreat** The Year 10 Retreat will be on 28-29 July, at the Coffs Coast Adventure Centre. Notes were sent home with students this week, to allow families time to budget for the $120 cost. The aim of the retreat is to students to reflect on the life choices they will be making, to build on their relationships with each other and to help them to formulate their plans for the future. The Year 10 Retreat is a compulsory component of a student’s education at St Paul’s and, as such, prior approval must be obtained from the Principal for non-attendance. Non-attendance, without approval, will still incur the cost of the retreat.

**St Paul's Jubilee Mass** The St Paul’s Jubilee Mass will be on 29 June, at the Edmund Rice Hall. Please keep this date free in your diary. Parents, grandparents and other past students of the College are especially invited to join us to mark the occasion.

**IGNITE** This national student discipleship event will be held in Brisbane, 22-25 September. There is an information note and website available. Registrations at the College close on June 3. Students who are interested are asked to contact Miss Zoe Clarke or Mr Tamblyn as soon as possible.

Mr Conrad Tamblyn – Leader of Evangelisation

---

**CURRICULUM**

**YEARS 8-11 WILL BE SITTING SEMESTER 1 EXAMINATIONS NEXT WEEK (MONDAY, 30 MAY – FRIDAY, 3 JUNE)**

Please read the following ‘Absentee Policy for Examinations’. If a student is absent and this hasn’t been approved by the Principal, then a mark of zero is given for any exams missed, regardless of whether this occurs Semester 1 or 2.

**Guidelines for Illness/Misadventure Exams**

A. Misadventure (catch-up) exams or an estimate will be allowed for funeral attendance, school approved activities, illness (with a Medical Certificate) and Cases for exceptional circumstances (see point C.). Misadventure exams must occur within the exam period, or an estimate will be given. See The Assessment Guide Handbook for specific conditions for students in Years 10 to 12.

B. There will NOT be any misadventure exams for any other reason. Students who are aware they will be absent for exams may be eligible to complete a Misadventure (catch-up) exam prior to their departure or upon return, as long they occur within the exam period, or an estimate will be given.

C. Cases for exceptional circumstances will be reviewed by the Principal upon written application and, if approved, a misadventure exam or an estimate will be allowed.

D. Students who receive an estimate or attempt a misadventure exam and wish it to be used in the calculation of Year Dux, are to make written application to the Principal. This application will be reviewed by an Executive Panel.

**Examination Rules** - The following rules apply to all students who sit for exams at St Paul’s College:

Students will be given a mark of 0, if, during an examination:

- They talk or use other forms of communication with other students (either non-verbally or by using technology),
- Are found to have been cheating.
• Disrupt or cause disruption in the examination venue.

Bags need to be left either outside or at the front/back of the examination room. Students are not to leave the examination room for any reason until the end of the examination block. Students must use the entire time allocated for the examination.

**Year 7-10 Reports**  Parents can request, in writing, that their child’s progress not be reported on using the common grade scale. In these cases, the student is not counted in the cohort and he/she must receive a written report in a form decided upon by the school.

Please contact Mr Lewis or Mr Robinson if you have any questions or concerns in regards to this.

<table>
<thead>
<tr>
<th>Important Diary Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Years 8–11 Half Yearly Exams</td>
</tr>
<tr>
<td>Year 12 HSC Trial Exams</td>
</tr>
<tr>
<td>Year 11 Work Placement</td>
</tr>
<tr>
<td>HSC Practical Submission Dates</td>
</tr>
<tr>
<td>Year 11 Preliminary Final Exams</td>
</tr>
<tr>
<td>Year 12 HSC Exams</td>
</tr>
</tbody>
</table>

Mr Leon Robinson – Leader of Curriculum

**LIBRARY MATTERS**

**Premier’s Reading Challenge**  Since last newsletter, eleven participants have added to their Student Reading Record. The most striking of these improvements are Patrick Brennan (+5), Hailey Smart (+8) and Jakob Czippan-Sowter who, with sixteen titles to his name, is only four short of completion. The Challenge finishes on August 19, so there’s still plenty of time to reach the target. Continue to look for those books with the green dots on their spines, many of which are on display in the Library. Or simply search “PRC” on the Library homepage to see the hundreds of titles on offer. And remember, the rules allow you to go all the way back to Term 4 last year.

**Overdues**  Term 1 House Points have been calculated. Congratulations to McKillop who earned 100 points for having the cleanest overdue record. Next in line was Edmund (75 points), then Farrelly (50) and, finally, McAuley (25). Thanks to those students who returned, renewed or paid for their overdue or lost items. However, no House has a PERFECT record, so stay vigilant and do one of these 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.

**Exam Study and Revision**  Well done to all those students who have been taking advantage of our extended hours this week by turning up early, or through the day, in order to prepare for their exams next week. Such an attitude will hopefully reap you the rewards you deserve. And don’t forget that the same extended hours run into next week during the exams, with free OJ to help start the seniors’ day.

**A Word Of Warning**  It was more than obvious, recently, that a senior Assessment Task was due. Why? Because an uncharacteristically large number of students were rushing at the very last moment to print off their work in the Library in order to submit it. In short, this is NOT A GOOD THING. For all sorts of reasons, sometimes unpredictable, students might well find that they are unable to gain access to the Library, its staff and/or the printer. IDEALLY, students should run their work off at home and bring it to school with them. If this is not possible, we will do all that we can to help, but can offer few guarantees. And the fact is, if work is not handed in on time, there is very little likelihood that IT issues, whether at home or at school, will be regarded as a way of avoiding overdue penalties (which are clearly outlined in Student Handbooks).

**Happy Reading!**  
Mr Peter Garty – Teacher/Librarian 😊

**MUSIC REPORT**

Five years of Parish/College budget planning have come to fruition and the Music Department has recently purchased a Kawaii grand piano. This is a great addition for the Performance component of the Music courses offered at St Paul’s College.

Thankyou to Tony Prince, our piano tuner, for finding the instrument and James Hannah for selling it to the College.

Earlier this week, the College Music Department was privileged to receive a substantial donation of musical instruments and equipment from Mrs Nora Carpenter from Lake Cathie.

Sadly, her husband, Bernie, who was performer in the Hastings and Macleay Valleys, recently passed away and wished to donate his equipment to a local school and chose St Paul’s.
We gratefully received a Goodtime Banjo, several ukuleles, one of which is electric, a Yamaha steel string guitar, a Casio keyboard, mixers, a busking unit, leads, stands, ipad stands and amplifiers.

The staff and students are most appreciative of this kind and generous offer.

Mrs Beth McMillan – Leader of Creative Arts

NORTH STREET FARM

Wingham Beef Week 2016  Last week, eight students from Year 8 and 10 had the opportunity to attend Wingham Beef Week.  This is the first time that the College has attended this event and it turned out to be a highly educational and enjoyable experience for the students, teachers and parents who attended.

Wingham Beef Week drew students from as far afield as Armidale, Uralla, Tamworth, Scone, Aberdeen, Quirindi, Sydney, Gosford, Newcastle and Taree.  There were some 300 competitors and over 300 head of cattle.

We entered 10 head of cattle in the various competitions and had some success in a highly competitive environment.  Notably, we came 1st in the heavy weight carcass competition with a steer that weighed 530kg live weight.

Cara Rudder, from Year 8, placed 3rd in her Parading heat and was unlucky not to progress further in the competition.  Cara can be proud of her result, as she was up against some highly accomplished paraders, many of whom have exhibited cattle at The Royal Shows in Sydney and Brisbane.

Ryan Brady, in Year 10, was selected as our entrant in the Bill Hobbs Encouragement Award.  Ryan had to go through an interview with a panel of three judges.  He had to speak about his involvement in his school’s Agriculture Program as well as with his own pursuits with breeding Angus Cattle.  Ryan was highly commended and came second to another student from our Valley, albeit from Kempsey High School, but a Macleay Valley resident none-the-less.  This is a great achievement considering that there were some twenty five entrants for this prestigious award.

Another notable achievement was for Harry Mainey, in Year 10, who was awarded a herdsman award.  Throughout the four days, judges secretly observed students in the sheds, on the lookout for people who are working with initiative and tenacity.  Harry was noticed several times and his competitor number was recorded, earning him the award.  Well done, Harry.

I would like to extend my thanks to Mr Matt Rudder, who came along for the four days.  His support and help in driving students to and from Wingham and the capable help he gave at the event was greatly appreciated.  Without it, attending would have been impossible.

Also I would like to thank Phillip and Robyn Ryder, who have gone half shares with the College in some steers that are suitable for the competition.  Phil Ryder also drove to Wingham in his own car, taking two steers to the abattoir for us when our carrier, that we had previously organised, had mechanical troubles and cancelled on us at the last minute.

I would also like to thank Mr Mark Brady for the loan of his truck and two Angus heifers that we used in the Parader’s Competition.  This helped enormously in cutting down the cost of getting to the competition and ensured that each student had an animal to parade.

Thanks also must go to Mrs Shannon Dowling, who also helped with the supervision and care of our students.  Her help is always greatly appreciated.

Finally, I want to acknowledge the students who proved to be great ambassadors, not only for St Paul’s College but also for the Macleay Valley.  Their behaviour was excellent and they pitched in to help with the variety of tasks that have to occur on such a trip.

We are certainly very lucky to have the support of the College community which enabled us to participate in this activity.  (Pictures on Page 9)

Raliegh Dairy Factory Visit  On Tuesday, 17 May, the HSC Agriculture students were fortunate to be given a tour through the Norco dairy Factory at Raliegh.  The purpose of the visit was to study milk as a farm product.  Tours through dairy factories are very uncommon due to food safety issues and we have Mr Mike Jeffrey, a Norco farmer from Austral Eden, to thank for organising the tour.

Mike is a company director of Norco and came on the tour with us.  He also organised a tour through two of the region’s largest dairy farms that are placed next door to the Raliegh factory.  These two dairies milk upwards of eight hundred cows each.  One is a rotary platform while the other is a thirty-a-side herringbone, for those up with the lingo.

Whilst we could not photograph any of the factory tour, students did get the opportunity to see the rigorous testing and Quality Assurance practices that exist.  We witnessed custard being made, fresh milk coming into the factory by road tanker and being pasteurised and homogenised.  We had a look at the machinery that bottles
one, two and three litre bottles, as well as saw the equipment that makes the bottles on site from just a few grams of plastic pellets.

Thanks to Mr Jeffrey, who organised and accompanied us on the day and also to Phil and Robyn Ryder who loaned us their eight seater car. This cut down the cost of the excursion significantly.

Thanks also to the Norco co-operative, which is one of our last remaining 100% Australian owned dairy factories. Their milk might be a little dearer but it is produced from locally produced milk and supports the local industry, which aids employment and economic growth in our region.

Mr Graham Bramley – Agriculture Teacher

**Parents AND Students Welcome to Attend the BIG SCIENCE SHOW!**

Calling all Mad Scientists and Science Nerds! Do you want to see bubbling liquid nitrogen, gigantic bubbles, hair-raising electricity experiments, fire balls, a flame equalizer and more exciting experiments? Well, now is your big chance! On 26 August, during periods 1 and 2, the Science Faculty will be hosting the Big Science Big Fun Show. We are welcoming all students in Years 7-10 as well as parents, to take part in this exciting event. Numbers are limited so be early to book your seat. The cost is $7 per person. Permission notes with further details of the event will be passed out in Science classes. See you all there!

Mrs Maria Littlejohn – Leader of Science

**SPORT NEWS**

A few things happening in the College life of sport. Miss Lawrence and I recently took our cross country runners to Grafton. Adam Grant and Chloe Saunders (pictured right with their medals) were successful in winning their divisions and Tom Fletcher managed a third. They will be off to Eastern Creek to represent the diocese at the CCC Cross Country.

Nathan Phillips also attended the NSWCCC rugby league trials at St Mary’s, Penrith.

Whilst he was unsuccessful in selection he played very well for a 16 year old at an U/18 trial.

Abigail Baker and Lindsay Morrison also represented the diocese in the NSWCCC soccer trials in Sydney and by all reports played very well but were unsuccessful in further selection. Our very own Miss Lawrence and Mr Salter were coaches for the ladies and mens teams.

Miss Dianne Lawrence and Scott Edwards – Sports Co-ordinator

**STUDENT SERVICES**

**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
Devon Cattle at St Paul’s College Kempsey NSW
“Tallowood Devon Stud”

Graham Bramley

Here at St Paul’s we have been breeding Devon Cattle since 2000. Our first foray into the breed came about with donation of a heifer from the West Kempsey Rotary Club and the Coastal Devon Breeders’ Group. Richard O’Leary and Brian Irvine from Kempsey West Rotary Club and Ruth Edwards from Palinga Devons, Wards River, were behind the original idea.

With our farm being small, we had to find homes for our cows where ever we could. This presented us with some further difficulties, mainly cows being joined by bulls of various breeds. Whilst we obtained some fantastic offspring, which highlighted the value that the breed can bring to a cross breeding operation, it was really difficult to breed pure bred calves.

In 2013, we applied for a Federal Government grant to establish a Trade Skills Centre for Agriculture and Construction. This application was successful and we have since commenced the development of the “Francis Farm Centre” named after St Francis who is the patron saint of farmers. This is to be the permanent home of the Tallowood Devon Stud.

The farm gives students a great opportunity to work in a realistic work environment. We now have 70 hectares of land to develop into a working farm from scratch. Since obtaining the block, we have added a central laneway system, cleaned many of the paddocks of flood debris and stumps and piped in water to troughs in each paddock. I am proud to say that all of the fencing, and pasture improvement and water trough work have been done by the students in either their Agriculture or Primary Industries courses.

We now have the farm divided into nine paddocks and have a great set of Bordin Brothers Steel Yards to work in, as well as storage shed and undercover work area. The shed also has a training room and amenities block.

This year we have had six pure bred heifers born thanks to the use of Ashwood Highlander from Malcolm and Jo at Ashwood Devon Stud Bulahdelah. Students are eagerly breaking these heifers in to lead while they are still on their mothers, whom all lead as well.

Other enterprises on the farm include semi free range pigs, vegetable production, blue Lilly Pilly’s that we hope will add to the aesthetics of the farm as well as being used by our Food Tech students for further processing and Candle Nut trees, the nuts being very high in oil with potential to be developed into biofuel, stockfeed etc. We also produce eggs from our poultry.

Where possible as much of our produce is sold back to our school community of teachers, parents and friends. This helps to continue funding our development. Last year we sold forty pigs that were killed at Everson’s Abattoir, Fredrickson, and processed at the Valley Butchery, Gladstone. We also sold about nine steers with three of these being butchered and sold in the same way.

Our philosophy is to involve students in food production at every stage, something that we find is happening less and less. We also want to educate our students about the provenance of the food they are eating, so that they know how it has been produced and how well it was looked after. Another important thing we can show our students is the concept of reducing food miles. We can show our students and the people who buy our produce that the meat or produce does not have to travel vast distances to arrive at their table.

We have been given a great opportunity to educate some of our next generation of farmers and agriculturalists and we are very proud of the development so far. We have had great support from the Agricultural community and the Devon Cattle Society can be included in that support.

If any of the Society members would like to have a look at the farm, we would gladly arrange for you to visit. Email gbramley@lism.catholic.edu.au or Phone St Paul’s College 02 65627200
The Rotary Clubs of Kempsey, Kempsey West and South West Rocks are hosting a youth program at Kempsey High School next weekend (27 – 29 May), known as the Model United Nations Assembly (MUNA).

This long running educational program will see nearly seventy students coming from over the state to debate as mock representatives of over thirty countries in the United Nations. It's a great fun weekend for them, as they dress up and really get right into character for the whole weekend. We've had a greater than usual number of students and are now urgently seeking community members to see if they are able to billet any students over the weekend. Billeting will not be onerous, and will mainly include dropping off and picking up the students Friday Night, Saturday and Sunday morning, and providing them with breakfast Saturday and Sunday.

These are all high achieving students ranging from year 9 to Year 12, and we are sure they will be a pleasure to host. If you are able to assist, or would like further information, please phone Tania on 0419 625 556.
MacKillop College invites you to a workshop on:

**Raising Resilient Teens**

It is essential that we empower our teenagers to be able to overcome life’s setbacks and face life's challenges with confidence.

This fun, interactive workshop will teach you how to:

- Empathise with your teen’s BIG feelings (such as anger and anxiety) and teach strategies on how to begin to self-regulate emotions
- Be both kind and firm with your teen and the reasons why delayed gratification is important
- Teach your teen how to move from plan A to plan B with less drama
- Encourage and teach your teen to be capable, independent and self-reliant

**Facilitator:** Sara Phillips - www.mindfulparentingmindfulcoaching.com

**Date / Time:** Wednesday, 15th June 2016
5:30pm Supper
6:30 - 8:30pm Workshop Presentation

**Venue:** MacKillop College Library - Junior Campus

**RSVP by:** 6th June 2016 [click here](http://goo.gl/forms/7oQkQYyjB) to register

**Contact:** Debbie Ward on 0407 702 643

---

**eheadspace live info session:**

Understanding adolescence—and how to support your young person through adolescence

Many parents and other adults supporting young people through adolescence are unsure what is ‘normal adolescence’, when to worry, and how to help. **Join our next Group Chat session to raise your questions and discuss the issue.**

- Our group chat sessions respond to your own questions and concerns
- We have resources to send
- Our sessions are staffed by eheadspace clinicians and supported by our youth reference and family and friends advisory groups
- On the day we will explain a little more about how it works
- Some people prefer to read the questions and responses from others
- Head over to eheadspace.org.au and select get help > past group chat sessions to view previous sessions

**When:**

Thursday 9 June 2016
12pm-1pm (AEDST)

**How to join:**

Please [click here](http://goo.gl/forms/7oQkQYyjB) to register
Kathy & Peter Cornish
Main Street
Crescent Head 2440
Phone (02) 6566 0550

41 Forth Street, Kempsey NSW 2440
P: (02) 6562 8666 F: (02) 6562 8508
Email: anne@randallsbe.com.au
www.randallsbusinessequipment.com.au

The Cottage Dog Spa
Pet Styling & Spa
Treatments
0408 644 441
By Appointment Only

Advertising
SPACES AVAILABLE

The Cottage Dog Spa
Pet Styling & Spa
Treatments
0408 644 441
By Appointment Only

Crescent Head Country Club
“A great supporter of our local community”

Bowls, Golf, Tennis
Synthetic Bowling Green, come and roll up all year round. $5.00 a roll up
Golf, $12 All Day
Everyday.....

2 Great Eateries, Bumpa’s Bistro
+ Vick’s Chinese Restaurant
Family Friendly, Highchairs available
Lunch from 12pm..Dinner from 6pm

Randalls Business Equipment

41 Forth Street, Kempsey NSW 2440
P: (02) 6562 8666 | F: (02) 6562 8508
Email: anne@randallsbe.com.au
www.randallsbusinessequipment.com.au

2014 Finalist
The Argus
Business Awards
Celebrating Business in the Macleay!

Galactic Tenpin Bowling
Want to play a new sport?
Join a social competition / league today.
Junior and Adult competitions now open for registration.

Fun Coaching Available

Exciting

PHONE 6562 8689
www.galacticntenpin.com.au

Amcal Max
Ampol Max Pharmacy Kempsey
Shop 5-7 Riverfront Plaza
Belgrave Street
Kempsey NSW 2440
Telephone (02) 6562 4266
Facsimile (02) 6562 5667
Mobile 0408 258 173
Email hollipharm@bigpond.com