PRINCIPAL’S REPORT

The True Meaning Of Easter: Holy Week is most definitely a very sacred time of the year, for it is now that we will commemorate and remember the last week of Jesus’ life on this earth. These are the days leading up to the great Easter Feast. The Lenten season of sacrifice and self-denial is about to come to an end, but this coming week is extremely important for all Christians. The greatest focus of the week is the Passion (suffering) and Resurrection of Jesus Christ and the events that led up to it.

Especially important for Catholics is the Easter Triduum. This is the three days just before Easter. On Holy Thursday, we re-enact the Lord’s Last Supper, which He shared with His apostles on the night He was betrayed and arrested. This is one of the most beautiful liturgies of the entire liturgical year. At the Mass, the priest will wash the feet of twelve people, just as Jesus did. Also on this night, priests all over the world will renew their sacred vows. This is because, at the Last Supper, Jesus not only instituted the Mass (Eucharist) but also the ministerial priesthood.

On Good Friday, the day of the crucifixion and death of our Lord, we have the veneration of the Cross. A service is held at three o’clock in the afternoon (the hour He is believed to have died) and another later in the evening. We go forward and kiss the Cross in order to show honour and respect for Christ’s sacrifice for our sake. There is no consecration of the Eucharist on this day, and the Communion we receive will be from the night before, which has been reserved in the tabernacle.

Holy Saturday is a vigil. We keep watch for the expectant rising of Our Saviour. This was the day He went down into the netherworld in order to bring back up with Him into heaven those who had died before His coming. Up to this time, the gates to heaven were closed and no one could go there because of the original sin of Adam. Jesus changed all that. By paying the price for our sins on the Cross, He gained for us our eternal salvation, and heaven was opened once more. Also on this night, those who have spent months of preparation will be received through Baptism and Confirmation into the Catholic Church for the first time. It is a joyous occasion.

Those who engage themselves wholeheartedly in living the entire paschal cycle (Lent, Triduum and Easter’s Fifty Days) discover that it can change them forever. This is especially so of the Triduum which, standing at the heart of the Easter season, is an intense immersion in the fundamental mystery of what it is to be Christian. During these days, we suffer with Christ so that we might rise with Him at His glorious Resurrection. Holy Week is a time to clear our schedules of unnecessary activities. Our minds and hearts should be fixed on Jesus and what He did for us. Let us bear the Cross so that we may be worthy of wearing the crown He wore.

Trade Skills Centre Development and Agricultural Shows: During the last 12-18 months, parents will be aware that we have been working feverishly towards the opening of our Trade Skills Centre. The developmental works on the North Street farm have been nothing short of phenomenal and many who have driven past will have seen a significant transformation in the appearance of the property.

This work, however, has left us with precious little time to fully prepare our animals for showing and may result in a temporary absence of the College from the 2015 show season. We remain, however, strongly committed to the shows in the local and surrounding regions and are determined to return stronger than ever to the 2016 shows. There may be opportunities for showing of stock later in the year at shows further
## CALENDAR 2015

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<td><strong>COMMENCEMENT TERM 2</strong></td>
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<td>Staff Retreat</td>
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<td>Students Return</td>
<td>Lisa Nemme</td>
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<td>Year 12 Retreat</td>
<td>Rani Nagra, Sheena Clarke</td>
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<td>HSC Timetable Released</td>
<td>Sue Young</td>
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<td><strong>Next P &amp; F Meeting: 13 May</strong></td>
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27 April

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<td>St Paul’s College Open Night</td>
<td>NAPLAN</td>
<td>Year 7-9 College Mass</td>
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### Thank you

![Bus Image]

**Cavanagh’s Bus Service**

*for their ongoing support and great service*

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### 2015 NRL Footy Doubles

Footy season is here again.
Due to low numbers, the 2015 St Paul’s P & F Football Doubles have been put on hold until we sell enough tickets each week. Tickets cost $1 each @ 34 weeks (Aust vs NZ Test, Origin games & Finals included).
There is no need to pick teams. All the hard work is done.
All you need to do is grab a refreshment, watch the Friday night 7.30pm game on Channel Nine, and match the first try scorers from each team. Too easy.
All money raised goes to the P & F and your children are the beneficiaries of your ongoing support.
Please fill in the reply slip below or send an email to tmc67@live.com with your details so this year’s Footy Doubles can kick off.

Go the Panthers
Trisha McHugh
As I reflect over the term, it is exciting to see that the majority of students have settled in and taken advantage of all that the College has to offer, including, of course, the opportunity to learn and grow. I am sure that many students have begun to realise the importance of hard and committed work and have already seen the results of such efforts. I hope all students have an enjoyable and restful break and return to us in Term 2 with an even bigger thirst for achieving their very best.

**Year 12 HSC Mid-Course Examinations**: I thank Year 12 for the maturity and respect in which they completed their exams last week. Next in line for Year 12, apart from assessment tasks, will be the HSC Trial exams. Although it seems like a long way off, Trials will be upon us before we know it. All Year 12 students must be kept focussed towards their Academic goals.

This week and last week, St Paul’s was visited by groups of Year 6 students from St Joseph’s Primary, Kempsey, St Patrick’s Primary, Macksville, St Mary’s Primary, Bowraville and some state primary schools. We hope these students enjoyed their time here experiencing a day in the life of St Paul’s College, and from this experience are looking forward to the orientation days later in the year. Please contact Mr Lewis if your child missed out on these days and you wish for them to experience ‘A Day in the Life of St Paul’s College’.

**National Day of Action Against Bullying and Violence**: The following is from the ‘National Day of Action Against Bullying and Violence’ site:

The fifth national ‘Day of Action Against Bullying and Violence’ was held on Friday, 20 March, 2015

This annual day provides a focus for all schools to say ‘Bullying. No Way!’ and to strengthen their existing everyday messages, that bullying and violence at school are not okay at any time. You may have seen the
related article in the Argus.

The National Safe Schools Framework defines bullying as 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. Cyberbullying refers to bullying through information and communication technologies, eg the internet or mobile devices. Conflicts or fights between equals and single incidents are not defined as bullying. Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.

Not all aggressive or harmful behaviour between people is bullying. While conflicts and aggressive behaviour need to be addressed, it is important to be clear when these behaviours are not actually bullying.

The definition of bullying has three critical aspects - a repeated pattern, the misuse of power within relationships, and behaviour which causes harm; all three aspects need to be present in order for behaviour to be called bullying. More information for students and parents can be found at:

You can also refer to the College Anti-Bullying Policy on the website by clicking on the parent tab, then College Information/forms, then policies (web link below).

In the coming weeks, all students will undertake a ‘bullying survey’ with a view to identifying bullying behaviour, naming bullies (anonymously) and providing the College with valuable information that will enable us to combat this destructive behaviour. Students identified will be interviewed, counselled and, importantly, supported about their actions. Our goal is to continue to create an even safer environment for all students here at the College.

I thank all parents for their support. Have a safe and holy Easter break.

Mr Guy Campbell – Assistant Principal

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**Did you know?**

| U14: K Hughes and P Edwards (equal 1st), C Chapman 3rd |
| U13: P Clarke 1st, R Marshall 2nd, R Nolan 3rd |
| U12: P Turner 1st, GK Clarke 2nd, A Flanagan 3rd |
| U11: C Flanagan 1st, P Egan 2nd, A Chisholm 3rd |
| U10: J Hay 1st, P Leddy 2nd, D Booth 3rd |

*These races were held in a 33 metre pool*

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**REC MINISTRY**

**Year 12 Retreat**: The Year 12 Retreat will be held April 22-24, at Coffs Harbour Adventure Centre. The retreat will be directed by Fr Ray Sanchez from Brisbane. A reminder to parents that the retreat is compulsory and full payment for the retreat ($165) is now due.

**Passion Play**: Years 8 – 10 Catholic Studies classes presented the Passion Play today (the last day of term). Thanks to all those involved and may the Easter message be well received because of your effort.

**Project Compassion**: A big thank you goes out to students and parents for supporting CARITAS Australia through Project Compassion, during this period of Lent. We are getting close to the target of $2,400 for this year.

**Easter**: I hope that everyone has a great Easter break and encourage you join in the Macleay Valley Parish church services, during Holy Week, if you can.

Mr Conrad Tamblyn – Leader of Evangelisation

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**CURRICULUM**

**Year 12 Mid-Course Examinations**: Year 12 completed their Mid-Course Examinations last week and will have received some of their results this week. Each task should have the raw mark, the task rank and the
cumulative rank so that students can reflect on how they are achieving in comparison to other students who study the same subject at St Paul’s.

**2015 UNSW ICAS Examinations:** The University of New South Wales is offering your child an opportunity to participate in the International Competitions and Assessments for Schools (ICAS). ICAS assessments have taken place annually in schools for over thirty years and in twenty countries. Educational Assessment Australia (EAA), who design and deliver the assessments, is the not-for-profit arm of the University of New South Wales.

**ICAS:**
- is an annual skills development assessment program in key areas of learning for students in Years 2-12; assessments are available in Computer Skills, English, Mathematics, Science, Spelling and Writing
- gathers performance information through a 30–60 minute supervised in-school tests
- provides a continuous, independent and comprehensive record of a student’s performance, and maps their development over the full period of primary and secondary schooling
- enables the progress of each student to be mapped in each skill against their previous performance, demonstrating personal improvement no matter the starting point
- uses fellow students’ results as a reference point; results are mapped against all students sitting at the same year level in Australia
- provides an excellent preparation for national testing
- enables students at all levels of ability to participate; ICAS contains questions designed to specifically explore the abilities of students of all standards – this includes those of both lower and higher levels of achievement
- medals are awarded to the top students in each subject in each school year in each state when sufficiently meritorious and the test was sat on the official test date
- achievement certificates are awarded to all students at a range of levels:
  1. High Distinction to the top 1% of students
  2. Distinction to the next 10% of students
  3. Credit to the next 25% of students
  4. Merit to the next 10% of students
  5. Participation to all other students
- results are available to parents and students online; these online reports and analyses remain available indefinitely. ICAS reports indicate which questions were answered correctly, compare student performance to that of the other students tested and are highly suitable for inclusion in a student’s portfolio for future tertiary entrance or job opportunities
- entries are administered through the school, so teachers can also access the information

Entry forms for the ICAS Assessments have been sent home with your children. Please complete the entry form and return it to school at the beginning of Term 2 with the prescribed fee if you would like your child to complete these assessments.

**NAPLAN Testing:** The 2015 National Assessment Program-Literacy and Numeracy (NAPLAN) assesses the literacy and numeracy learning of students at years 3, 5, 7 and 9 in all Australian Schools. The results present a picture of student performance in Literacy and Numeracy assisting teachers to improve the literacy and numeracy skills of their students. Students are assessed using common national tests in Reading, Writing, Language Conventions (Spelling, Grammar and Punctuation) and Numeracy. NAPLAN tests broadly reflect aspects of literacy and numeracy common to curriculums in all States and Territories. The types of test formats and questions are chosen so that they are familiar to teachers and students across Australia.

It is important that all students participate in the national tests. Special provisions are made to meet the needs of individual students with special needs. Please contact Mrs Jan Stubbs through the front office for more information.

Parents can best assist students by making them feel comfortable about the nature and purpose of the tests. Children can be assured that the assessments will give them an opportunity to show what they have learned in class.

**NAPLAN**
- Language Conventions* and writing: Tuesday, 12 May
- Reading: Wednesday, 13 May
- Numeracy**: Thursday, 14 May
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

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**WELLBEING**

You will notice in this newsletter (page 10), a flyer promoting online courses for parents that looks at ways of building resilience in young people and in navigating teenage depression. These two courses are free of charge and have been developed by The Black Dog Institute. I can highly recommend them to you if you are still navigating the sometimes turbulent waters of adolescence.

I extend the invitation to all of our parents to give me a call at school if you would like to meet with me at any time.

Mrs Meredith Llewelyn – College Counsellor/Careers Adviser

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**LIBRARY NEWS**

**Overdue Books:** Letters should hopefully have gone home this week asking that students and their families take care of this important matter in one of three ways:

1. Asking for the loan to be extended
2. Returning the overdue item
3. Paying for the overdue item.

Naturally, the first and second options are the preferred ones. Here’s hoping that the holidays provide the ideal opportunity to look into things (ie under beds, at the back cupboards, beneath piles of paperwork, etc.). House points will be awarded to those PC Groups with the best records.

**Year 12 Study:** Congratulations to the large numbers of Year 12 students who made use of the Library out of hours last week in preparation for their mid-course exams. Hopefully the orange juice and bagels helped, but obviously not as much as the study itself! And thanks so much to all those juniors who respected the seniors’ right to quiet use of the Library. Much appreciated.

**Anzac Display:** Our display area will be dedicated, at the start of next term, to the 100th anniversary of the landing at Gallipoli. Everyone should feel free to come and respectfully browse and borrow.

**Premier’s Reading Challenge:** Students from Years 7, 8 and 9 should have been issued with their user names and passwords. Hook in during the holidays and get going with your reading. Just go to the Premier’s Reading Challenge website. Even if you don’t have your details, you can still start reading and obtain them when school starts back.

**Year 7 Library Tours:** A number of our Year 7 classes had the official “tour” of the Library recently where lots of things were explained, such as the reason for the name, Chisholm Library, how to borrow, what can be borrowed, how to best use the Library homepage, loan limits, the Dewey system, and the like. And, judging by results in the listening quiz that followed, many students were intent on picking up the information. Well done Year 7.

Mr Peter Garty – Teacher/Librarian

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**STUDENT SERVICES**

**Homework Club:** Homework Club will once again be operating in 2015 every Wednesday afternoon from 3.25pm till 4.25pm 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 students being picked up should do so from the car park behind the Science Block.

Please complete the form below and return 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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**NORTH STREET FARM**

There has been a great deal of activity in the Agriculture Department. Garlic has been sown and the seventeen piglets weaned from seventeen born, are growing at a rate of 345 grams per day average.

Compost that we have made from our chooks and pigs has been spread on gardens for winter vegetables. The pig tunnel is in action, and will produce even more material for composting. Mulching old summer pasture back to the soil to clean paddocks and increase organic matter.

_Special thanks_ on behalf of the Agriculture Faculty to Peter Scott, Geoff Mainey, Greg Mainey and Jason Mainey, who all gave up their time on Tuesday to swing the remaining gates in the laneway system on the North Street Farm. This is a job we have been trying to get to for a few weeks and, is finally complete thanks to these men who gave up their day off to come and help.

This week we made the decision to sell seven Drought Master cows. They are beautiful cows that have raised good calves but they have proven to be a bit temperamental. Hopefully we can trade them in on something a bit more user-friendly for the students.

Mr Graham Bramley – Agriculture Teacher

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**SPORT NEWS**

As Term 1 concludes this week, I’d like to take this opportunity to wish everyone a happy and safe Easter break and for those students still competing in their chosen sports we wish them well.

_Cricket_: As mentioned in the previous newsletter, Chloe Saunders was selected to play for NSWCCC Girls cricket team at the NSW All Schools Championship in Bathurst. I am extremely happy to report that Chloe’s team, NSW Combined Catholic Colleges, won the Championship. This is an outstanding achievement, as it was the first time in thirteen years CCC have won. A big congratulations must go to Chloe for her selection and performance during the Championship.
**Soccer:** Last Monday both our boys and girls Bill Tumer Cup soccer teams played their first round games. Our girls hosted Hastings Valley Secondary College, previously known as Port Macquarie High School, on our College oval. It was a great chance to show off how great our facilities are looking, specifically our oval. The girls started the game a little nervously, but once they settled into the game they were never going to be beaten, and were victorious winning 6-2. All of our girls played extremely well. Special mention to the following goal scorers; Jessica Grant 1, Chelsea Peet 1, Kayley Roberts 1 and Liana Tyne 3. Thank you and congratulations to Mr Pugh for coaching his first win at St Paul’s College.

Our boys travelled to Port Macquarie to play Mackilop College. With some last minute changes to our side, the boys were up against some tough competition. The boys were competitive and went into the break only 1 down. In the second half Mackilop’s experience shone through and they ended up winning 4-0. Every member of the team put in a one hundred percent effort and should be proud of their performance. Player of the match went to Hayden Clarkson. I’d like to thank Mr Tamblyn for coaching and transporting the team to Port Macquarie.

**Rugby League:** Also on Monday, our senior boys rugby league team competed in the first round of Country Cup. In the first game they played Melville High and lost 18-10. Their second game was against Macksville High in what was a very close game. Unfortunately our boys couldn’t come through with a win and lost 12-8. From all reports, they all played well and should be very proud of their performances. Thanks must go to Mr Robinson for coaching them and Vincent Smith for assisting and running water.

Still on rugby league, on Wednesday, Nathan Phillips played for the Lismore Diocesan U15’s rugby league team to trial for the Northern Country team. Updates later.

**Coming events**
- Lismore Diocesan Touch Championship, Goonellabah, 5 May, 2015
- Lismore Diocesan Basketball Championship, Coffs Harbour, 6 – 8 May, 2015

**Miss Dianne Lawrence** – Sports Co-ordinator

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**YOUR SUPPORT OF PARENT ASSEMBLY ASSISTS US TO CONTINUE OUR SUPPORT OF PARENTS**

The Parent Assembly is an initiative of the Lismore Diocese that assists us all in becoming the best parents we can be and the first and foremost educators of our children. Our mission is to encourage all parents to be active partners of our school and parish community.

The Parent Assembly offers support for parents in meeting the challenges of raising children. Through your valued input and feedback, we try to identify and address some of the needs of parents in our parish schools. Parent Assembly events are developed to meet these needs. Please support these events so we can continue to reach parents in the areas of Faith Enrichment, Networking and Support, Parent Advocacy.

We would really appreciate your feedback on topics that may be of interest to parents or any other ideas that may help to continue to build our sense of community and partnership within our school. For more details, please contact Hastings Macleay Cluster Organiser Peta Rourke mobile: 0400 420 614

Parent Assembly
Hastings Macleay Region
School holiday activities at Kempsey Library

Scrapbooking for kids

School Holiday craft is back! Kids aged 6 to 12 years are invited to get creative at our Kids Scrapbooking workshop at the library at 10.30am on Thursday 9 April.

Come along and decorate a photo album and style the pages. Bring up to six photos to get your scrapbook started.

This one hour workshop is free to attend, but note that places are limited and bookings are essential.

Manga Drawing

If you love to draw, then this is the workshop for you! Come along and meet artist, illustrator and designer Matt Lin at a Manga Drawing workshop at 10.30am on Monday 13 April.

Matt will explain what Manga style is all about and teach you how to draw fun characters.

This 90 minute drawing workshop is for young people aged 10 years and over, and there a $5 charge is payable on the day. You can learn more about Matt and his work at his website www.matthewlin.com.au

Both sessions have limited spaces, and bookings are essential. Contact Kempsey Library on 6566 3210 or send an email to ksclibrary@kempsey.nsw.gov.au, to secure your place in these popular workshops.
Building good mental health in young people
Interactive online learning courses for parents developed by Black Dog Institute

BUILDING RESILIENCE IN YOUNG PEOPLE
This course includes five short, interactive, and engaging modules that will help you understand what resilience is and the role you can play building resilience in the young people you care for.

You will learn about:
- what resilience is in the context of mental health and how it helps
- useful strategies for building resilience in young people including how to control emotions, identifying personal strengths and a step by step process for problem solving.

NAVIGATING TEENAGE DEPRESSION
This course includes five short, interactive, and engaging modules that will help you understand depression and bipolar disorder in the context of adolescence.

You will learn about:
- the causes and signs and symptoms of depression and bipolar disorder
- useful strategies for supporting a young person you care about
- help and support services available

Access the courses at: www.BLACKDOGLMS.com
More information at: www.HEADSTRONG.org.au

This initiative is proudly supported by:

nib foundation