Feast of the Assumption: The Solemnity of the Assumption, on August 15, was celebrated in the Eastern Church from the 6th Century. The Catholic Church adopted this date as a Holy Day of Obligation to commemorate the Assumption of the Blessed Virgin Mary, the real physical elevation of her sinless soul and incorrupt body into Heaven.

We speak of Mary’s Assumption not her Ascension. Christ ascended via His own power. Mary was taken up to Heaven by the power of God. The Assumption of Mary is something God did for her. It is the result of Christ’s redemptive power applied to His Blessed Mother.

The dogma of the Assumption means that the Virgin Mary now experiences in Heaven the union of a glorified body and soul, which her Son enjoys. She is no disembodied spirit, but a complete human person, body and soul, matter and spirit, reigning with Christ.

Mary’s feast reminds us that we are created for the glory of God and to be with God for all eternity. What we do during this celebration must respect the dignity of every human person and our celebration must mirror this reality.

**Year 11 and 12 Mass** Last Sunday we celebrated what will be one of the final formal celebrations for our Year 12 students in the Parish community. This was an opportunity for our students to show their appreciation to the Parish for its support, guidance and generosity in their final six years of formal schooling. Students presented parishioners with thank you notes and gifts of muffins boxed delicately and decorated as a gesture of thanks. It was a beautiful celebration and drew many warm and appreciative comments from parishioners who attended. I was extremely proud of the way our students warmed to our parish friends and shared some of their stories to those who have supported them so strongly over the last six years.

**Student Jubilee PC/House Challenge** On Tuesday I provided the students with an opportunity to celebrate our Jubilee in their own special way. Many activities have occurred which involved the wider community, but none until Tuesday focussed solely on our students. It was a fantastic day with lots of laughs, plenty of Aussie food (BBQ sausages) and a challenge or two to increase the competitive nature of our students. Ultimately someone will come out on top in terms of house points, but in reality, everyone was a winner on the day and again I felt immense pride in our students and staff for their enthusiastic participation on the day.

**Adolescent Success** Today as I write I am attending the Adolescent Success Conference which focuses on strategies to improve student outcomes from the very start of secondary schooling. At a HSC analysis day early in the year, a wise professor talked to us about the years early in a student’s secondary schooling being key to determining how they might fare in the HSC exams. Whilst we have implemented specific strategies to target required skills for students already in Years 9 and 10, I am still enthusiastic about opportunities to further strengthen this, based on current research. I look forward to reporting back to you all about many of the key findings in this conference, and bringing them back into practice here at the College.

God Bless

Mr Kevin Lewis – Principal
klewis@lism.catholic.edu.au
SCHOOL FEES 2015

THANK YOU to all families who have established a payment plan using Direct Debit, BPay or Centrelink to finalise the
count by December each year. It is vital that the Parish Office receives fees as they are due, enabling funding to
the Schools for continual upgrades of resources and the provision of quality education.

Final School Fees Invoices/Statements for 2015 have been issued by the Parish Office. If you have not yet received
the account your assistance in advising Tammy, on 6562 5182, would be appreciated.

UNLESS other payment methods have been arranged with the Parish Office, fees should be paid by 28th August.

It is also important to understand that continuing enrolment of children is based on payment of fees relating to their
education through the Macleay Valley Parish Schools. If payments cease without satisfactory communication with the
Parish Office or Schools, your children’s enrolment may be in jeopardy as well as the continuing arrears being
handled by a Debt Collection Agency for which all costs associated being recoverable by yourself.

Ms Tammy Lomas on behalf of
Fr Paul Gooley
Parish Priest

Mr Kevin Lewis
Principal
St Paul’s College

Mr Tom Crichtley
Principal
St Joseph’s Primary

ST PAUL’S COLLEGE
2015 HSC MUSIC PERFORMANCE EVENING

2 SEPTEMBER
6PM START
DRAMA THEATRE

GOLD COIN DONATION
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 help to stop the problems happening again when they become adults.

Depression often emerges during adolescence, with long-standing research suggesting 1 in 5 adolescents experience depression by the time they reach eighteen years.

Depression does not just cause sadness or feeling blue, and anxiety does not 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, tearful 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.

(continued next page)
Parents, we have a fantastic pastoral support team at St Paul’s College. Our Pastoral care teachers along with the Year 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.

Mr Guy Campbell – Assistant Principal

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**REC MINISTRY**

**SHINE Conference** Students from Years 9 and 10 CSYMA classes, along with some leaders from Year 11, have been attending the SHINE conference at John Paul College, Coffs Harbour during Thursday and Friday this week. They have been sharing their faith with like-minded students from other Catholic schools in the diocese.

**St Aloysius Students Visit** Six Year 9 boys from Sydney St Aloysius College will arrive in from Kempsey 1 – 11 September. We are still looking for host families for some of them to stay with. The host families role would be to provide them with a bed and meals during their stay. Please contact the College if you can help out with this.

**Year 11/12 Sunday Mass** Last Sunday, 16 August, there was a Years 11 and 12 College Mass at the All Saints Parish Church. The Mass was followed by morning tea in the parish hall. A big thank you to the students and families who were able to attend.

**Higher School Certificate Examinations** The HSC exams are looming quickly for our Year 12 students. Please keep them in your prayers during this important time.

Mr Conrad Tamblyn – Leader of Evangelisation

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**EXPLORING ABORIGINAL SPIRITUALITY**

**People and Issues at the NATSICC Assembly** At this event, I had the good fortune to hear some very interesting keynote speakers.

The speaker who was a standout for me was Charlie King (OAM). He was awarded the Order of Australia Medal this year for his service to broadcast media and the indigenous community.

Charlie works at the ABC as a sports announcer but this is only a small part of the work that he does. He is also the founder of the ‘No More’ campaign, NT Chairman of the Indigenous Males Advisory Council, Director of the National Our Watch Family Violence Committee and Chair of the ABC’s Bonner Committee. (Where does he get the time and energy to do all this? Amazing!)

Before founding the ‘No More’ campaign, Charlie – a Gurindji man- went to the Elders of the desert people and spoke to them about the issue of domestic violence. The Elders said there should be no more domestic violence which, in Aboriginal terms, means to get rid of it. They also talked about linking up the people to battle this problem.

From these talks Charlie founded the ‘No More’ campaign and promised us at the assembly that if he got a million supporters on the website he would take it to the Prime Minister. I would urge as many people as possible to get onto the site and enter your support; it only takes a couple of minutes.

In addition, Charlie also started the Link It Up campaign. Followers of rugby league would remember when the Parramatta Eels joined arms (linked up) in support of the ‘No More’ campaign. The Warriors (whom they were playing against) asked about the linking up and took it to New Zealand. It has now spread throughout the rugby league teams – you may have seen the television ads. There is also interest in the campaign from the United States.

At our last College assembly, all the students linked arms and shouted out ‘No More’. Their enthusiasm showed that they are behind it all the way. Let us all stand together to stamp out family violence and child abuse. NEXT: More people and issues.

Mrs Denise Puzas – Studies of Religion Teacher

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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, 2015, will be revealed in the next Newsletter.
Year 10 Course Selections for Year 11 2016  Year 10 into 11 Course selections have now been completed. Congratulations to all Year 10 students who filled in 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 in which they conducted themselves during the HSC Trial Examinations.

Any students who were ill during the Trials and did not submit a Misadventure form, will now NOT be given special consideration. All Year 12 students were told about the requirements for misadventure and too much time has elapsed.

Year 12 Project Completion and Hand-in Dates  Visual Arts Body of Work – Completion and hand-in date is next Monday, 24 August. Projects must be handed in to the supervising teacher no later than 3 pm on this day.

HSC Projects/Performance Marking  Drama Performance marking date – 25 August 8.40 am – 1.40 pm
Music 1 Performance marking date – Tuesday, 8 September 8.30 – 11.45 am
Music Submitted Works completion and hand in date – 31 August at 3 pm.

Mr Leon Robinson – Leader of Curriculum

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LIBRARY MATTERS

Guest Speaker  We were fortunate, recently, to have had a visit from former student, Lachlan Bray. Based in San Francisco, Lachlan was home on a visit, during which he delivered, downtown, an adapted version of his current production of performance poetry. Lachlan popped in to speak to some of our Year 11 English students, as well as workshopping with Years 9 and 10 Drama. His visit also provided a timely opportunity to have him welcomed onto the Library’s “Wall of Fame”, where notable ex-students are given recognition for their post-school achievements. Lachlan’s bios read this way: Class of 2009 - International Playwright, Performance Poet and Musician - Has worked with Cate Blanchett and produced the work of Harold Pinter - Favourite Books: Catch 22 (Joseph Heller) and The Old Man and the Sea (Ernest Hemingway).

Overdue Books  Friendly reminders went out this week to Years 7 to 10 to keep on top of this ongoing concern. Generally speaking, we’re really pleased with the seriousness with which students are treating the issue. Thanks for that. Years 11 and 12 will need to start gathering their texts together for return at the appropriate times over the weeks ahead. Letters regarding this will go out separately.

In the meantime, remember, you only have to do one of four things:
1) Return the overdue item/s
2) Ask for the loan/s to be extended
3) Speak to Library staff or (ultimately)
4) Pay for it/them.

Premier’s Reading Challenge  Congratulations to Aiden Hodges (Year 7) and Mystique Gibson and Mariah Allan (Year 9) who have completed the Premier’s Reading Challenge. Their efforts have been “validated” online so all they need to do is to wait for their certificates to arrive. They have also earned themselves 50 House Points. Participants have until midnight tonight to enter their titles online, after which they will be locked out. Even if you have not read 20 books, put down the ones you have because you’ll earn House Points for all those you have read. Happy Reading

Mr Peter Garty – Teacher/Librarian 😊

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LOTE NEWS

Indonesian 2016
In January this year, I was given the opportunity by the CSO to travel to Bali for two weeks to begin studying Bahasa Indonesian. It was a rigorous course but I received a solid grounding in the language as well as experiencing many aspects of Balinese culture such as music, dance and cooking.

Next year, the College will be offering Bahasa Indonesian to one Year 8 class. As an introduction to the language, Yudis Komang, who was my teacher at the Indonesian Australian Language Foundation (IALF)
Denpasar, visited the school on 13 -14 August and delivered a range of enrichment activities to each of the Year 8 classes. The students participated with enthusiasm. I will be giving all students a survey shortly, which will provide feedback on which class will be selected to begin Indonesian language studies. The College will continue to offer German to the other four Year 8 classes in 2016.

Mrs Beth McMillan - Leader of Learning Languages

**Yudis Komang Visit**

On Thursday, 13 August, we had the privilege of welcoming Yudis Komang from Bali. Yudis brought with him generations of knowledge from his home in Indonesia and shared it with us.

We had the pleasure of learning many interesting and educational skills. Year 7 had great fun with the Indonesian language and putting sentences together very quickly.

It has been decided that Year 8 will be learning this great language in 2016.

On behalf of St Paul’s College, I would like to thank Yudis for his valuable time and look forward to his return in the future. Terima kasih  

James Duffy – Year 7

**SPORT NEWS**

**Opens Football**  Last Tuesday, our Open Boys Football team hosted Aquinus College of Menai in the quarter final of NSWCCC Football Championship. Our boys were competitive all game but were unfortunately defeated 3 – 0. On behalf of the College, I’d like to take this opportunity to congratulate them and Mr Tamblyn, on making it to the quarter finals. I know they were disappointed on the loss, however they should hold their heads high as they were beaten by a team that has two boys that play for U18’s Sydney FC and a school with four times the number of students. Congratulations to Mr Tamblyn and our boys on their fantastic achievements.

**Athletics**  Last Thursday, forty nine St Paul’s students travelled to Coffs Harbour to compete at the Lismore Diocese Secondary Athletics Carnival. Our students represented our College with pride and had some outstanding results. The following students were successful in gaining selection to represent the Lismore Diocese in Sydney later on this term:

- Nathan Philips: 1st 15 boys 200m, javelin and shot put
- Angus Bird: 2nd 16 boys 200m
- Kolby Wood: 2nd 17+ boys 200m
- Lachlan Davidson: 1st 16 boys high jump, javelin, hurdles
- Olivia Creswick: 1st 16 girls long jump, 2nd 16 girls 100m
- Jordan Hill: 2nd 12 girls 200m
- Chloe Saunders: 1st 16 girls 400m
- Joshua Parkinson: 2nd 200m and long jump
- Kaine Parkinson: 14 boys hurdles
- Isaac Parkinson: 12 boys hurdles
- Charntaye Ritchie: 1st 13 girls long jump
Further congratulations to Nathan Phillips (15 years) and Lachlan Davidson (16 years) who were both awarded Age Champions on the day. Congratulations to all students and thank you to Mr Scott Edwards, Mr Tim Moorehead and Mr Sam Preston for assisting me on the excursion.

**City to Surf**  On Sunday, 9 August, St Paul’s College had forty five team members complete the City to Surf course in Sydney. From this group we had some students who finished the course in excellent time. Finn Askew was our first male to finish in 1.05.46 (hour.min.sec) and Chloe Saunders our first female in 1.08.04. Finn finished 80th of 1115 in the 13-15 year male age group and Chloe 19th of 1190 in the 16-19 female age group. Shanna Wood did well in the 13-15 year female age group finishing 74th of 1070 in a time of 1.20.59. Everyone completed the course in good time, with the majority finishing around the two hour mark. There were lots of smiles and a real sense of accomplishment at the finish. A big thank you must go to the parents who helped out on the trip, as well as Mrs Kath Cornish for her expertise on navigating around Sydney and a very big thank you needs to go to Mr Tim Moorehead for the many hours spent organising this worthwhile trip. The trip was also an opportunity to raise money for Caritas Australia and if anyone would still like to donate here is the link https://city2surf2015.everydayhero.com/au/spck. Congratulations to all who competed.

**Uniform** Just a gentle reminder that all students who represent the College at any sports events must be in full school PE uniform, unless otherwise informed. Students who turn up out of uniform may jeopardise their position on the team.

**Coming Events**  Swans Cup Girls AFL – Kempsey, 26 August
Lismore Diocese Secondary Netball Championships – Port Macquarie, 27 August

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

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Next P & F Meeting: 12 August START: 6 pm
WORLDS GREATEST SHAVE
College Yearbook 2015

St Paul’s College Yearbook is an annual publication, bringing together samples of the multitude of talents that are evidenced within the St Paul’s Community. It is a publication of close to a hundred pages that is highly valued by students, parents and staff alike.

Families wishing to order a copy of the St Paul’s College 2015 Yearbook are asked to contribute $30.00 towards the cost of each copy.

To obtain your copy/copies please complete the attached order form and return to the College Office, with your payment enclosed.

Year 12 students who may be away from the area when the Yearbook is distributed will need to arrange a ‘courier’ to collect their copy. Please fill in their name and contact number on the order slip below.

All orders MUST be placed by Friday, 16 October, 2015.

Thank you kindly for your co-operation.

Yours sincerely,

Mr Kevin Lewis
Principal

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Yearbook Order

Reply Slip:

I __________________ would like to order_____ copies of St Paul’s 2015 College Yearbook.

I enclose $_______

My eldest child is ____________________________________________

Signed: ____________________________________________

Year 12 Students: Collector’s Name: ________________________

Ph: _____________
Dear Parents

Donations are being sought for the 2015 St Paul's College Yearbook. Donations of $35.00 are acknowledged at the bottom of one of the pages and will be printed with a message stating your business has donated. In order to achieve a more uniform presentation in the Yearbook, these will all be printed in the same style. Your business name will also be included in the alphabetical list of supporters at the back of the Yearbook. If you make a donation, the business will receive a free copy of the College Yearbook.

Donation Acknowledgement
Simply complete the blanks in the spaces below. There are approximately 90 pages available for business name display.

Donations may be sent to school with your child. You will be issued with a receipt. Otherwise you may deliver/post your donation to St Paul’s College Office whereupon a receipt will be issued.

Thank you for taking the time to consider this matter. The College is grateful to parents, families and local businesses for their ongoing support in making the production of the Yearbook possible. If you have any enquiries please contact

Mr Lewis
Yours sincerely,

Mr Kevin Lewis
Principal

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DONATION REPLY SLIP

Business:________________________________________________________

Address:________________________________________________________

Phone No:_________________________ Contact Person:__________________

Amount $________