The Feast of Saint Mary of the Cross (MacKillop):

Mary MacKillop was born in 1842 in (Fitzroy) Melbourne (Australia). On 8 August, 1909, she died, having suffered a disabling stroke in 1902. Inspired by a meeting with Fr Julian Tenison-Woods, Mary MacKillop, at the age of twenty-five, took her vows and the religious name, “Mary of the Cross”. In doing so, she founded the Congregation of the Sisters of St Joseph. Soon after taking her religious vows, Mary began schools. Within five years of taking her religious vows and founding the Congregation of the Sisters of Saint Joseph, she had established over thirty schools, in South Australia and over a hundred women had joined. Mary MacKillop was very conscious of the plight of the poor and needy. She worked with families that lived in isolated areas of Australia. As a result, she pioneered a new form of religious life in Australia and commenced a “system” of “Josephite” schools that would provide education, especially for the children of the poor. In 1873, Pope Pius IX gave Papal approval for the Congregation of the Sisters of Saint Joseph. Even today, many Australians can say that they, too, have felt the impact of the enormous work started by St Mary of the Cross (MacKillop), having been educated or cared for, by the Sisters of Saint Joseph. She was noted for her trust in the providence of God and miracles of healing have been attributed to her. She was declared a Saint by Pope Benedict XVI on 17th October, 2010. The Roman Missal has the following prayer for the Feast of St Mary of the Cross (MacKillop):

O God, source of all goodness,
who has shown us in Saint Mary
a woman of faith living by the power of the Cross,
teach us, by her example
to live the gospel in changing times
and to respect and defend
the human dignity of all in our land.
Through our Lord.
Amen

Staff Development Day – School Review Data Analysis and Setting of School Strategic Plan:

Next Monday, 11th August, all staff will be involved in the penultimate stage of our SRD process this year which will be to bring all of our data together and create a five year plan to take our College into the future. For this reason, students will not be required at school (HSC Trial exams will continue uninterrupted). I have chosen this day to align with the Staff Development Day for St Joseph’s Primary, which is also on Monday, 11th. Hopefully this will cause less disruption to families and carers.

Proclaim Lismore Parents 2014:
In the latest edition of the Proclaim Lismore Parents e-bulletin, we explore the Be-Happy Attitudes and what it means to be happy through the eyes of Samuel Foggingsworth III - an animated story specifically designed for Proclaim Parents.

You can now register your interest in attending the Proclaim Parent Gatherings 2014, which will be held over six separate days across the Diocese of Lismore in October (numbers are limited).

Proclaim Lismore 2014 is an unprecedented opportunity to join with us as partners in co-designing an even stronger and more effective Catholic schooling for each child.

Please visit the Proclaim Lismore website to find out more: www.proclaimlismore.com.au or subscribe to our monthly e-bulletins by emailing proclaim@lism.catholic.edu.au.

**The Beginning Experience:** The ‘Beginning Experience’ is a weekend program designed to help divorced, separated or widowed people make a new beginning in life. The weekend is neither counselling nor therapy; rather it is an invitation to self-encounter and growth. The program consists of presentation, written reflection and small group dialogue. Participants get to understand the grief process and are supported in resolving the grief that accompanies the end of a marriage, benefiting enormously the children, society and community.

For further details call Judy 66241549, Jan 6624 5175 or 0437 112031 or visit their website: www.belismore.org.au for more information

**Conclusion of HSC Trials:** Congratulations to our Year 12 students who will soon complete their HSC trial exams. Their attitude and behaviour during this often stressful time has been exemplary. I encourage all students to use this time to refocus their energies and goals towards the rest of their short remaining time at school.

“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”

God Bless

Mr Kevin Lewis – Principal
Klewis@Lism.Catholic.Edu.Au

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**St Paul’s College**

**HSC PERFORMANCE NIGHT**

Wednesday 20th August 2014
at 6pm
Venue: Music Hall
In the first newsletter of this year I mentioned that one of the most important organisational tools that students have at their disposal is the Student Diary.

At St Paul’s, teachers use the Student Diary as a means of communication between the class teacher/pastoral care teacher and home. It is an expectation of the College that all diaries are viewed and signed weekly by parents/guardians. This communication is one way in which your child’s College life is relayed back to home and vice versa. Homework and other messages from teachers may also be communicated to home through the diary. One other way that teachers will indicate whether students have completed all their required work, or have arrived at class fully prepared, is the ‘homework incomplete’ stamp. This is a red stamp that can indicate several things, such as:

- Failure to present Student Homework Diary and SSR book without explanation.
- Failure to have either the Student Homework Diary or a “Homework Incomplete” stamp signed.
- Failure to complete set homework without explanation.
- Failure to comply with specific subject requirements.
- Failure to submit (or a non-serious attempt at) an assessment task, across the form task or examination.

Upon signing the diary each week, such information can be monitored by you and a point of first communication can be initialised if required.

Peer To Peer (P2P) Observation

One of the most effective ways that teachers can understand and improve their teaching is by observing others, or by being observed by a trusted colleague and receiving specific feedback from that observation. Analysing and reflecting on this information can be a valuable means of professional development.

Over the remaining weeks of this year, various teachers will undergo P2P observation. Please be comforted in the knowledge that this observation is not of the students in the class, but, as outlined above, of the teacher, for that teacher’s professional growth. This observation can occur when another teacher sits in on a class as a passive observer, or the lesson may be videoed for later feedback, analysis and discussion. Thank you for your support.

Uniform

The wearing of full school uniform is compulsory. It is important that all students wear our uniform and take pride in their appearance, as this is a very public way of exhibiting our Catholic identity.

Students are required to wear the full uniform to and from school and we ask that ‘parts’ of the uniform not be worn in public out of school hours. If, for any reason, a student is unable to be in full school uniform they must have a note from parents explaining the problem and the expected day when the student will be back in full uniform. It is expected that this will only be for a short period of time.

Students with incorrect uniform (including accessories) may be given a uniform notification letter. This letter is a form of communication between the College and home and is required to be signed by parents and returned to the issuing teacher. If uniform cannot be rectified promptly, as already mentioned, a note explaining the problem and the expected day when the student will be back in full uniform is all that is required. Please do not take offence if you receive such a letter. If a student is unable to wear the full PE uniform to school on sports or sport prac day, then they must wear full school uniform to and from school, and change into the PE uniform they have for the two periods of sport.

Once again, I thank you for your support in this matter.

Mr Guy Campbell – Assistant Principal

Parish Sesquicentenary, Celebration Mass: On Friday, 15th August, the College will help celebrate the 150 year anniversary of our parish. There will be a whole school Mass in the College hall at 9.30am, followed by a special morning tea and tours of the College for visitors. All parents, friends and parishioners are warmly invited to join us. Please contact Belinda Mainey at the College for catering purposes, if you can come.

Year 7 and 8 Sunday Mass: On Sunday, 17th August, there will be a Year 7 and 8 school Mass at the parish church. All Year 7 and 8 students, their parents and friends are cordially invited to attend. The Mass will be followed by a shared morning tea in the Parish Hall. Please note the Mass time is 9.30am.
Year 10 Retreat: The Year 10 Retreat was held last Tuesday and Wednesday at Bonny Hills. I would like to thank the teachers – Mr Walker, Mrs McMillan, Miss Lawrence, Miss Barber, Mrs Stubbs, Mr Crowley and Mr Taylor, who attended. Also the Passionist retreat team, led by Fr Ray Sanchez, who facilitated the retreat program. Lastly, I would like to thank the Year 10 cohort, for the way that they participated and conducted themselves over the two days.

St Aloysius Students Visit: Eight Year 9 boys from St Aloysius College in Sydney will arrive in Kempsey 3rd – 14th September. I am still looking for host families for a few of them to stay with. Your role would be to provide them with a bed and meals during their stay. Please let me know if you can help with this.

Shine: Students from the Year 9 CSYMA class will be attending the SHINE conference at John Paul College, Coffs Harbour, 21st – 22nd August. They will be sharing their faith with like-minded students from other Catholic schools in the diocese.

Mr Conrad Tamblyn – Leader of Evangelisation

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**CURRICULUM**

**HSC Trial Examinations**
I would like to thank Ann Lunt and her exam supervisors for kindly volunteering to supervise the Trial HSC Examinations. I would also like to thank Year 12 for the mature and responsible way in which they carried out the examinations. Year 12 students who were sick during the Examinations need to present misadventure forms with the correct paperwork attached if they need special consideration and have not already done so.

**Year 12 Project Completion and Hand-in Date**
Please note that these project submissions are due into the College on the following dates:
- **Textiles and Design Projects:** Completion and hand-in date is 11th August. Projects must be handed in to the supervising teacher no later than 3pm on this day.
- **Industrial Technology Major Works:** Completion and hand-in date is 7th August. Projects must be handed in to the supervising teacher no later than 3pm on this day.
- **English Extension 2 Major Works:** Completion and hand-in date is 15th August. Projects must be handed in to the supervising teacher no later than 3pm on this day.
- **Visual Arts Body of Work:** Completion and hand-in date is 25th August. Projects must be handed in to the supervising teacher no later than 3pm on this day.

**HSC Projects/Performance Marking**
Music Submitted Works: completion and hand in date is the 1st September at 3pm.
Music Performance: marking dates 1st - 13th September.
Drama Performance marking Date – 27th August 1.20 – 3.40 pm

**Year 8 into 9 Course Selections**
Parents,
On Monday, 18th August, Year 8 students will attend a Course Selection Presentation at St Paul's College from Periods 1 to 6.

The purpose of the presentation is to expose students to the range of elective courses on offer at St Paul's College, from which they get to choose elective courses for Year 9 (2015) and Year 10 (2016). During the presentation, students will be spoken to by KLA Co-ordinators and course teachers in the Key Learning Areas of PD/H/PE, TAS, HSIE and Creative Arts. Students will receive course booklets before the presentation in which they can make notes in order to make it easier for them to discuss course selection choices with you.

After this, you will receive a letter outlining the selection process and dates in more detail. It is hoped that from this presentation, students will have a better understanding of what each elective course entails in order for them to make their elective choices.

If you have any questions or queries, please feel free to contact me at school, or make an appointment time through the front office.

**IMPORTANT DIARY DATES**

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<td>Year 12 HSC Trial Exams</td>
<td>28 July – 11 August</td>
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<tr>
<td>HSC Practical Submission Dates</td>
<td>7 August – 1 September</td>
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<td>Year 11 Preliminary Final Exams</td>
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<td>Year 12 HSC Exams</td>
<td>13 October – 7 November</td>
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Mr Leon Robinson – Leader of Curriculum
Have you got good spellers in your family? Have you got teenage novels or non-fiction books that your children have enjoyed, but are now finished with?

You may well ask what have these two things have to do with each other. Both are closely allied with National Literacy Numeracy Week, 25th August to 31st August, at St Paul’s College. Firstly, we are running a Spelling Competition. All students from Year 7 to 10 will initially do a spelling test. (Spelling has been a focus of our Literacy Plan for the past three years.) This will be followed by some heats, which may also involve interested senior students, culminating in a ‘spell-off’ in the hall during Literacy Numeracy Week. Students will be able to win points for their houses. What a cool and different way to help your house and to hone your spelling skills. Perhaps we will have an inaugural spelling trophy!!

Secondly, we are running a ‘great book swap’. This entails donating books that you have read and enjoyed, both teen and adult, to the school. We will be running a stall for the students to buy. With a $2 coin- a book- what a bargain! There will also be a stall for staff and interested parents where the adult books will be sold for $2. That even beats Kindle and Amazon prices!!

The funds raised will go to the Indigenous Literacy Foundation. This great organisation supports indigenous students in remote locations to have access to suitable reading materials. This year we have three Indigenous Literacy Ambassadors who will assist with fund-raising. They are Tilly Shepherd, Amy Robinson and Jai Thompson.

Let’s support them and Indigenous Literacy by sorting through those books and sending them into school. Starting Monday, 18th August (Week 6), there will be a box in the Library for both teen and adult books. Also, let’s get SPELLING!

Mrs Jan Stubbs – Literacy Numeracy Co-ordinator

SAVE THE DATE

Year 12 Farewell Disco 19th August 2014

BLAST FROM THE PAST

Edmund Rice Hall
Year 7 and 8 – 6.30 to 9.30 pm
Year 9 and 10 – 6.45 to 9.45 pm
Year 11 and 12 – 7.00 to 10.00 pm
Congratulations to the small but committed band of Year 12 students who have been taking advantage of the Library’s extended hours in preparation for your Trials. There’s no doubt you will have benefitted from the effort. There’s every chance, too, that we might be able to “extend the extension” if the demand is there. You only have to ask.

Congratulations to Madalynne Farah-Halls (Year 7) and Tamara Keast (Year 9) who have recently joined the other four students to have completed The Premier’s Reading Challenge. This concludes at the end of this month. One or two students can almost reach out and touch the finish line, while others are not far behind. Keep reading and be sure to get those titles recorded online. We’ll take over from there and ensure that your efforts are validated, so that all you need to do is to wait for your certificate to arrive later in the year.

As mentioned previously, our recent purchases of DVDs have proven popular amongst borrowers. Come and browse in order to see what’s available or just type ‘dvd’ into the Library search bar to access the full list.

Finally, fingers and toes are crossed! It’s possible…just possible…that by the next newsletter, the Chisholm Library will have gone digital. It’s been quite a wait, but the launch of our platform is within sight. Watch this space, as they say.

Thought for the Fortnight: Books can be dangerous. The best ones should be labelled ‘This could change your life.’ - Helen Exley (Author, Book Seller, Philanthropist).

Mr Peter Garty – Teacher/Librarian 😊

At the time our last newsletter went to print, our Open boys football were playing McCarthy Catholic College, Tamworth in the CCC Cup. I’m pleased to report that this team was successful, 3-2, and now progress to the quarter final stage of the competition against a yet-to-be determined team from Sydney, which will be played here in Kempsey. As the score indicates, the game against McCarthy was tightly contested with the game being ultimately decided in the final stages of the match with Brayden Fisher calmly converting a penalty. Other goal scorers were Tristan Bonds and Luke Parkinson.

The College was represented in the girls’ U15 division of the Swans Cup Northern NSW Final. The girls qualified for this competition by winning the Mid North Coast division of the competition. They competed admirably in the face of several injuries to key players to win one game and narrowly lose their other two games.

Also in AFL, the College was represented by a boys’ open team in the inaugural NAIDOC Cup hosted by Kempsey Adventist School and the Macleay Valley Eagles. This was a fantastic community day celebrating our region’s Indigenous heritage with every Macleay high school being invited to the event. Each game was played with tremendous spirit, with our boys improving throughout the day to qualify for the final. Here they came up against a strong and physical Melville High team, and after a tight tussle Melville High were ultimately crowned champions.

In Rugby League, the College was represented in the U14 and U16 divisions of the Macleay Valley Shield. Despite being severely undermanned, Our U16s fought on admirably and were competitive throughout the day. In the U14 division, we rotated a large squad throughout our four games which were each tightly contested. The boys qualified for the final against Melville High and successfully overturned a defeat in the qualifying rounds to win when it counted to receive the Macleay Valley Shield.

Congratulations to Finn Askew, who represented NSWCCC in the NSW All Schools Cross Country Championships at Eastern Creek. Finn competed strongly on the day despite limited training opportunities due to his busy surfing schedule. To qualify for this event is a tremendous achievement and the experience will hold Finn in good stead for the future.

This weekend, 20 students will be competing in the City 2 Surf. I would like to thank parents, family, friends and all the community organisations that helped with our fundraising efforts. The students have been tireless in their efforts and I’m hopeful that we can donate a significant amount to our chosen charity, Caritas Australia. Good luck to all competitors in what I’m sure will be a challenging 14km run.
UPCOMING DATES
Sunday 10th August – City 2 Surf – Sydney
Thursday 14th August – Diocesan Athletics – Coffs Harbour
Thursday 28th August – Diocesan Netball – Port Macquarie
Friday 29th August – Year 7 Sports Gala Day - Kempsey
Thursday 4th September – Diocesan Surfing – Cabarita
Friday 12th September – CCC Athletics – Sydney

Mr Tim Moorehead – Sports Co-ordinator

HEAD LICE

Unfortunately head lice have been reported at the school. We are asking parents to please examine their child’s hair for signs of lice infestation. The lice themselves are often hard to find because they move around the head, so could you please look for the eggs. Although the condition is unpleasant it is easily treated with a specific treatment obtained from your local chemist. Students should not attend school until the treatment has occurred. Please be aware that parents will be called and asked to take their child home until they are clear of head lice. Thank you for your co-operation with this matter.

INVITATION
GIRLS NIGHT OUT... OUR ANNUAL ST PAUL’S LADIES EVENING

Dear Ladies
It’s time for our GIRLS NIGHT OUT again!!
This year we have Sue Baughman as a special guest speaker. Sue is a psychologist who has spent a lot of time researching the benefits of laughter and might even have us in stitches by the end of the night!!

The food will be YUMMY
The company will be EXCEPTIONAL
And our promise is that YOU WILL HAVE A GOOD TIME….

DATE: Tuesday 2nd September
WHERE: St Paul’s College, North Street entrance
TIME: 6.00 – 8.30pm
COST: $5 per person (payable on the evening)
RSVP 26th August (College Office 6562 7200 or email mlewelyn@lism.catholic.edu.au)
Willing and Able

Camp Willing and Able is a residential program suitable for people of all ages with a physical and/or intellectual disability.

The camps will provide children, teenagers and adults with the opportunity to participate in a variety of games and recreation activities. The emphasis during activities is on making friends and having fun.

Activities may include:
- canoeing
- sailing
- archery
- basketball
- tennis
- swimming
- craft
- archery
- indoor recreation
- beach games
- dance

Carers:
- Volunteers will be provided to support other carers and staff throughout the camp.
- All child participants must now come with a carer/support worker to camp.

Program Details

Adults (18 years and over)
Date: Saturday 15 and Sunday 16 November, 2014
Cost:
- $235 per person with Companion Card
- $267 per person without Companion Card

Children (9-17 years)
Date: Saturday 22 and Sunday 23 November, 2014
Cost:
- $210 per person with Companion Card
- $242 per person without Companion Card

Time: 9:30am Saturday to 3pm Sunday
Venue: Lake Ainsworth Sport and Recreation Centre, Pacific Parade, Lennox Head
Note: Cost includes all meals, accommodation, activities and coaching.

How to enrol

By phone: Call (02) 6618 0400 and have your credit card details ready (Visa, Mastercard).
By fax: Complete the enrolment form, include your credit card details and fax to (02) 6687 4175.
By mail: Complete the enrolment form and send to:
NSW Sport and Recreation
PO Box 121
Lennox Head NSW 2478

NSW GOVERNMENT
Communities
Sport & Recreation
Raising calm kids

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. Parentingideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous "tents" in his periods. His hyperactivity led him to be assessed for ADHD but the diagnosis was ruled out. His teachers found his classroom antics difficult and would constantly distract the other kids and himself. Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids, but the challenges they faced was eventually recognized as being the same: anxiety.

While not always easily recognized by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of the problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out, in a constantly connected world what we need is more balance.

One of the most effective ways is to help children to know how they can proactively calm down their mind, especially if it’s making them mad or sad.

Tips for Quiet Time

1. Choose a time that suits you and your child. Morning or evening, just whatever works best for you as a family.

2. Schedule in ten to fifteen minutes for the practice. You may need to start with just two to four minutes at first.

3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house that they like being in and in which they can feel relaxed.

4. They can choose to sit or lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which defeats the purpose of the exercise. Get them to gently close their eyes.

5. Ask them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Get them to do this two more times.

6. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

7. The next sentence requires them to notice any tension in their muscles. Ask them to notice any tension in their shoulders, arms, or where ever and then, on each breath out, let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.
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