PRINCIPAL'S REPORT

Fr Richard Leonard
I was fortunate enough, last Monday, to attend a very inspiring presentation from Father Richard Leonard, a Jesuit Priest. He focused quite a bit of his time on prayer and the role it plays in our lives, what our expectations are from prayer and what it is that we want God to do in our lives. He also talked of three characteristics which are keys to a good Christian life: Gratitude, Love and Forgiveness.
These characteristics reflect our goal at St Paul’s of Witness which I outlined in a newsletter at the beginning of the year. So, throughout this year, the College staff and I will continue to strive to display that goal of witness through – Gratitude, Forgiveness and Love.

TO BE GRATEFUL
Lord God, may we be grateful for our lot in life, and compassionate toward all those who are suffering every kind of distress at this difficult time.
May we hold back nothing, and hasten to be the ministers of prayer and mercy, like the disciples of Jesus who went about doing good in times of need.
Amen

Parent Proclaim
Proclaim Lismore Parents 2014 is an unprecedented opportunity for parents to join with us, as partners, in co-designing an even stronger and more effective Catholic schooling for each child – intellectually, emotionally, physically and spiritually.
We need your help to co-design a stronger Catholic education for a new generation of students. Please join the conversation of Proclaim Parents 2014.
Parents can register to be part of this event at http://proclaimlismore.com.au/proclaim-parent-gatherings-2014/

Student free days – Staff Development
To this point, the College has not taken any staff development days this year. These days are set aside by the Catholic School’s Office for colleges to provide opportunities for their staff to develop in the areas of curriculum, school renewal and planning, spiritual formation and workplace safety. The College has a number of such coming up in the following weeks which will not require student attendance. These are:
27th June: Friday (Term 2) – Staff Religious Formation Retreat
14th July: Monday (Term 3) – Christian meditation in line with Proclaim goal from staff
11th August: Monday (Term 3) School Review and Development. This day coincides with a separate staff day at St Joseph’s in an attempt to make it more convenient for our parent community.
Staff will also undertake two days later in the year to work through developments on the new Australian Curriculum. These dates will be publicised to families as we get closer to the time.

God Bless

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

ASSISTANT PRINCIPAL’S MESSAGE

“GIVE THANKS TO THE LORD, PROCLAIM HIS GREATNESS”

Now that Semester One examinations have been completed, students sometimes begin to wind down in anticipation of the holidays. Last Tuesday I spoke to them about continuing to work towards their best for the remaining weeks of this term. I reminded students that while we are coming to the end of Semester One, they are all beginning Semester Two work.

Last Day Of Term 2

On Thursday, 26th June, students will attend school for the final day of Semester 1. This day is an important part of our school calendar and students are expected to attend. Those who fail to attend must provide the school with a written and acceptable explanation for their absence. There are no formal classes for students on this day and as such, students will participate in the following activities:

Morning
PC/SSR as normal for all students.

9.25am
Whole College Mass celebrating the Feast of St Peter and St Paul. Parents and friends are most welcome to attend and celebrate with us on this special occasion. Students will be transported to and from All Saints Catholic Church by bus.

11.00am
Talent quest in the College hall (all students)

12:50pm
Lunch

1.30pm
**Commendation ceremony** (all parents welcome and invited to attend)

2.30pm
**Reports distributed** by PC teachers

At this time, students may leave under the following circumstances only:

- The students’ parent or guardian is in attendance and has collected them to go home.
- The parent **MUST** have the child’s name marked by the PC teacher before leaving the College grounds.

The student is in Year 12 and has a ‘Permission to Drive’ form already submitted and filed at the College. The Year 12 student must also have signed permission from their parents to drive home and to leave College early or, authority to be a passenger in another student’s car, and has a signed permission note from their parent or guardian to leave early with the other student.

Mr Guy Campbell – Assistant Principal

REC MINISTRY

**Year 11 Street Retreat**
Four students from Year 11 will participate in a Street Retreat on June 19 – 21. Sally Eller, Zoe Clarke, McKinley Payne and Kiernan Moore will represent the College. 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 Edwards, Year 11 Co-ordinator, will accompany the students.

**Year 10 Retreat**
The Year 10 Retreat will be on 29 - 30 July, at the Uniting Venues Conference Centre, Bonny Hills. Notes were sent home with students this week, to allow families time to budget for the $140 cost. The aim of the retreat is to get 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 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 Feast Day Mass**
The St Paul’s feast day Mass will be at 9.30am on 26th June, at the All Saint’s Church. The whole school will attend. Parents and friends are warmly invited to join with us to celebrate this occasion.

**Staff Retreat**
The last day of term, Friday 27th June, will be pupil free, as the staff go on retreat for the day. Please keep the school staff in your prayers, as we try to be the best educators of your children as we can.

**Mr Conrad Tamblyn – Leader of Evangelisation**

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**CURRICULUM**

**Year 7-11 Examinations**
All 7–11 exams, including catch-up exams, were completed in Week 5. Students who missed exams with no supporting evidence will be awarded a zero grade. Students who were absent from an exam and had supporting evidence for this absence, either completed a catch-up exam or will be awarded an estimate mark. All supporting evidence must be directed to Mr Lewis or Mr Robinson.

**Course Selection Market for Year 11 2015 – Current Year 10 students**
A Course Selection Market will be held at St Paul’s College on Wednesday, 16th July (Week 1 – Term 3) between 4pm and 6pm for students who are currently in Year 10. The Market includes representatives from all of the courses which are on offer in 2015. There will also be opportunities for you to speak with Subject Co-ordinators and course teachers from all areas of the curriculum, including the VET Co-ordinator and Careers Advisor. I strongly stress the importance of your attendance, and that of your son or daughter at this meeting. Please ensure that you bring the Course Selection Booklet with which your child will have been issued.

**Please Note:** It is not necessary to attend the Course Selection Market for the entire time scheduled. Parents & students ask questions and visit booths at their own discretion.

Following the Course Selection Market, there will be an information session between 6pm and 7pm presented by the Leader of Curriculum, Mr Leon Robinson. Here, Board of Studies requirements for both the Preliminary and HSC courses will be discussed, and any questions or queries you may have will be answered.

**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.

**IMPORTANT DIARY DATES**

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 12 HSC Trial Exams</td>
<td>28 July – 12 August</td>
</tr>
<tr>
<td>HSC Practical Submission Dates</td>
<td>7 August – 1 September</td>
</tr>
<tr>
<td>Year 11 Preliminary Final Exams</td>
<td>8 – 12 September</td>
</tr>
<tr>
<td>Year 11 Work Placement</td>
<td>4 – 8 August</td>
</tr>
<tr>
<td>Year 12 HSC Exams</td>
<td>13 October – 7 November</td>
</tr>
</tbody>
</table>

**HSC PROJECTS/PERFORMANCE MARKING**

<table>
<thead>
<tr>
<th>Project</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Textiles and Design Projects – completion and hand in date</td>
<td>11 August</td>
</tr>
<tr>
<td>Industrial Technology Major Work – completion and hand in date</td>
<td>7 August</td>
</tr>
<tr>
<td>Drama Projects – completion and hand in date</td>
<td>18 August</td>
</tr>
<tr>
<td>Drama Performance marking dates</td>
<td>18 August – 30 August</td>
</tr>
<tr>
<td>English Extension 2 Major Works – completion and hand in date</td>
<td>15 August</td>
</tr>
<tr>
<td>Visual Arts Body of Work – completion and hand in date</td>
<td>25 August</td>
</tr>
<tr>
<td>Music Submitted Works – completion and hand in date</td>
<td>1 September</td>
</tr>
<tr>
<td>Music Performance-Marking dates</td>
<td>1 – 13 September</td>
</tr>
</tbody>
</table>

**Mr Leon Robinson – Leader of Curriculum**
HSC Trials Preparation
As the Semester 1 exams have now finished for Years 7-11, the HSC trials are looming large on the horizon for Year 12 students. These exams have the largest weighting of any assessments so far. This means that even if students have not performed as well as they could have in previous assessments, these exams are a tremendous opportunity to make large improvements in their school-based HSC marks.

Now is the time for Year 12 to “step-up” into fully applying themselves to their studies if they have not yet done so. The following are some valuable resources and tips for HSC revision.

IMPORTANT: if you have been a passenger who has coasted through the last 12.5 years of schooling, now is the time to step up and give your best. Applying yourself seriously from now WILL EARN YOU A BETTER RESULT! MAKE TODAY THE DAY!


  NOTE: will not work on IPads.

- **Past HSC papers** [http://www.boardofstudies.nsw.edu.au/hsc_exams/](http://www.boardofstudies.nsw.edu.au/hsc_exams/)  BIG TIP: don’t ignore the invaluable Marking Guidelines (answers) and Notes from the Marking Centre (identifies typical weaknesses in student answers) documents that are provided with each past paper. E.g.

<table>
<thead>
<tr>
<th>Subject</th>
<th>Examination Paper</th>
<th>Marking guidelines (what are these?) and sample answers (what are these?)</th>
<th>Notes from the Marking Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biology</td>
<td>Biology Exam Paper (en)</td>
<td>Biology Marking guidelines (en)</td>
<td>Biology Notes from the Marking Centre</td>
</tr>
</tbody>
</table>

- **HSC Online** [http://www.hsc.csu.edu.au/](http://www.hsc.csu.edu.au/)  Dot point summaries for every subject to clarify things you may have missed.

- Studies show that **handwriting your own summaries** from your class notes is a much more beneficial way to summarize than typing notes or reading someone else’s summary. It also exercises the arm muscles, which you need to be strong for a 3 hour written exam.

- Use **diagrams and mind maps** to express concepts as diagrams (aids understanding and memory).

- Leave coloured **post-it notes** of key ideas around the house. **Read it out loud** whenever you see one.

- **Eat well** (especially breakfast) and **sleep well** (aim for 9 hours).

- **Exercise** each day when in study mode to improve your memory, mood, motivation and stamina.

- If studying with music, it needs to be **music without words** (words = distraction).

- Study away from your **phone** and **TV** (massive distractions).

- **Talk** about any information and concepts as much as possible. Verbalising it and explaining it increases your memorization and comprehension of it. **Study groups/buddies** are ideal for this.

- Know your **terminology** and use it in your responses.

- For any short or long response exam question, **read it 3 times** and **highlight the verb** and any keywords before you attempt an answer. You MUST be familiar with what a verb is asking you to do.

- **Study for 20-30 minutes** at a time, then have a 5 minute break, then repeat.

- **Get moving** as much as possible during study breaks. Walking around while catching up on your distracting texts, FB, tweets, Insties and lolcats during these breaks will kill 2 birds with 1 stone.
• Don’t just study for your preferred subjects. Areas where you are weaker or less interested need at least as much time devoted to them.

Mr Rob Mahon – Leader of Pedagogy

STUDENT SERVICES

EXAM WEEK
Thanks you to all the students who made good use of ‘special provisions’ in the exams. The Additional Needs Staff were able to support many students in a very positive manner, thus resulting in the best outcomes for all.

We realised that some students weren’t aware that there was often study time before exams commenced. This was due to the decision to have the length of each exam most suited to the requirements of that subject. It would be very beneficial to students in the final exams, later in the year, if they brought their appropriate books for study on the day of the exams.

Finally, if you are supporting your child with study, wishing to find exam timetables, or many other issues pertaining to students, this information can be found at:

ST PAUL’S MOODLE page under STUDENT

Mrs Jan Stubbs – Additional Needs Teacher

NORTH STREET AGRICULTURE

Recently, we have synchronised the oestrus cycle of four of our breeders. The process takes 10 days and the last step is that all four females were Artificially Inseminated on Monday, 2nd June. The reason we have undertaken this process is that it allows the AI process to occur on the one day and not over several weeks. We have used this process for several years now and have been rewarded with some good calves.

Nine cows have been pregnancy tested, and all were found to be pregnant. This process was conducted by Brad Scott.

Mr Graham Bramley – Agriculture Teacher

LIBRARY NEWS

Despite the obvious obstacles facing organisers of this year’s Football World Cup in Brazil, the show as they say “goes on”. Because of this, Mr Lewis has now had his precious Blues paraphernalia given back to him, and our Maroons contributions have been returned, because our display area has morphed into one devoted to the round-ball game.

Feel free to browse and borrow the resources available. Any additions to the display are welcome.

Thanks to former student, Olivia Whalen, for lending us her Russian Babushka dolls (because that’s the team M1 inherited in Mr Moorehead’s “tournament”). Also, to mark the occasion, there will be prizes on offer to the first person to answer each day’s trivia question, on paper in the Library, AT THE HALF-TIME LUNCH BELL…not before!

We are currently experiencing problems with the Premier’s Reading Challenge Website because of changes that have been made to it. Students will be informed when the situation has been rectified. In the meantime, apologies to Jakob Czippan-Sowter, who had read 18 books at the time
of our last newsletter, but whose name did not appear. He must be very close to having finished the Challenge if he hasn’t already done so! While the site is down, students can keep us up-to-date by just coming and letting Library Staff know how you are going. And don’t forget, anyone who has not received their password details should see their English teacher or call in to the Library.

Finally, just in time for the holidays, a number of DVDs have recently been purchased to add to our existing stock. Titles range from The King’s Speech and Gatsby at one end of the scale, to Happy Feet and Despicable Me 2, and they will be “on the system” shortly. All you need to do to see the full catalogue is to type “DVD” into the white search box in the top left-hand corner of the Library Home Page (found under “Student” on the College Moodle Page). DVDs have a one-week loan period for student borrowers.

THOUGHT FOR THE FORTNIGHT: “Think before you speak. Read before you think.”
(Fran Lebowitz - American author and public speaker)

Mr Peter Garty – Teacher/Librarian ☺

SPORT NEWS

While the world is in the midst of World Cup fever our College football teams are seemingly feeding off this heightened level of interest with success in multiple competitions. Our Bill Turner girls team defeated St Paul’s, Port Macquarie, 3-1 to progress to round 4 of the competition. The girls put in a complete performance and were in control for the entirety of the game. Standout performers were: Olivia Creswick, who was everywhere in attack and defence; Chloe Saunders, whose speed was a constant threat; Abigail Baker, who provided several class plays; and Emma Westerman, who showed great determination to compete for every ball. Olivia, Chloe and Abigail each scored goals. The girls’ next opponents will be Great Lakes College, Forster, in another home game to be played at the College on Monday, 16th June.

On Tuesday of this week, the College hosted the Diocesan South Football Championships at Eden and Kemp Street fields, under the control of Mr Sam Preston. Both teams performed exceptionally well on the day with the boys progressing to the diocesan North v South Final, and the girls finishing third. On behalf of Mr Preston and the College, I would like to thank Kempsey Hornets and Kempsey Saints for once again allowing the use of the facilities, Chad Uhrig for providing referees and also the many St Paul’s students who assisted on the day.

Today we have five students representing the College and the Diocese at the NSW CCC Cross Country Championships at Eastern Creek. Good luck and congratulations to Finn Askew, Chloe Saunders, Callum Sinclair, Isaac Robinson and Luke Parkinson. On Monday and Tuesday of next week, Olivia Creswick will represent NSW CCC in the NSW All Schools Football Championships to be played at Sutherland. For Olivia, who is only 15 and in Year 10, to be selected in the NSW CCC open girls team is an outstanding achievement and as a College we wish her the best of luck next week.

To update the progress of our City 2 Surf group, last week we met and interested students were provided with an information package. I hope to have an indication of potential numbers by the end of this week, so we can then start organising fundraising events and make bookings et cetera. I’m really encouraged by the level of interest being expressed by students, and I look forward to commencing the fundraising and training processes.

Next week, I will be calling for interested students to nominate for long distance running events as part of our College Athletics Carnival. Due to time constraints on the day, I’ll be conducting these events in Week 9 during lunchtimes from Monday to Wednesday. Students will be required to register by the end of Week 8, so those interested need to keep listening to morning notices and checking the sport notice board for details. As these events are an extension of the College Athletics Carnival participation, they not only earn house points, but also count towards possible qualification for the Diocesan Athletics Carnival.

UPCOMING DATES
Friday 13th June – CCC Cross Country Championships – Eastern Creek, Sydney
Thursday 19th June – Diocesan 7-10 Football Gala Day – Coffs Harbour
Monday 23rd – Wednesday 25th June – College Long Distance Athletics Events
Tuesday 24th June – Diocesan Open Football Final (North v South) – Coffs Harbour
Thursday 17th July – College Athletics Carnival – Services Park, Kempsey
Wednesday 23rd July – AFL Northern NSW Swans Cup Final – Coffs Harbour
Sunday 10th August – City 2 Surf - Sydney

Mr Tim Moorehead – Sports Co-ordinator

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PROCLAIM LISMORE PARENTS 2014
In the latest edition of the Proclaim Lismore Parents e-bulletin, we take a closer look at the lives of one family in the diocese and ask them the question: what do you want for your children?

WATCH THE VIDEO

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.

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ST PAUL’S COLLEGE P & F NEWSLETTER ADVERTISING SPONSORSHIP
The Newsletter cover sheet has room for two more sponsors. The advertisement is approximately 9.5cm by 3.5 cm and costs $50 for the year. There are approximately 16 newsletters published per year. If you are interested in advertising, please complete the form below and include a business card for scanning, or ring the College on 6562 7200.

A receipt for taxation purposes will be issued on payment.

ST PAUL’S COLLEGE NEWSLETTER 2014
I am interested in advertising in the Newsletter cover sheet for 2014.

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Business name: ....................................................................................

Phone contact: ....................................................................................

Student (if applicable): ...........................................................................

Signed: ..................................................................................................

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Why praise can be a double-edged sword

The way we praise our children, even from a very early age, can have a lasting impact. When done effectively, it can really promote resilience.

It seemed to come out of nowhere. One day we had a happy, confident, thriving daughter who was doing really well at school and the next she was alternating between a quietleness and loud arguments, telling us, “I just don’t care.”

The problem appeared to be with her marks. She had previously found school quite easy, and had good enough marks to put her up into the top half of the classroom. The result was a very unhappy daughter and significant stress for us as parents.

Punting out our best parental help, we tried to work out what was going on. Our daughter had an issue we’d been completely unaware of. It should have never been getting the attention it was because “nothing” had happened. We just thought she was fine. But, it didn’t feel fine.

We were surprised when she had actually confided in us about being rated “less than average” in her performance.

As parents, we are often wanting our children to improve their performance, but that desire is often conflicting. We can be overprotective, but the child needs to learn how to motivate themselves. It’s a complex balance that we all struggle with.

When we praise intelligence – “You’re so smart,” “You’re so clever” – we are reinforcing the idea that these are traits that we can’t change. This makes our children feel like they will have difficulty learning.

In contrast, when we praise effort – “I see you’ve worked hard on that!” “Well done for doing all that work” – we are rewarding progress and internal motivation. This promotes a growth mindset.

Unfortunately, we are often doing the opposite. We think this is helping our children but actually, it’s not. When we think a child is good at something, they are more likely to avoid that subject.

Tips for encouraging a growth mindset:

1. Encourage learning over doing hard work.
3. Celebrate effort and progress, not just success.
4. Avoid over-praising intelligence. Encourage them to try new things and take risks.
5. Help children to see mistakes as opportunities for growth.

More on page 2


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