P & F Election Results: Congratulations to our new P & F board members:

President: Ricki Saunders
Vice President: Greg Sowter
Vice President: Peter Livermore
Treasurer: Jodie O’Loughlin
Secretary: Tracy Stevens

They have certainly hit the ground running with preparations for our Jubilee well under way. I wish them all the best in their new roles and know that our parent community will support them in their endeavours.

NSW 2015 State Election: With the State election due to be conducted next weekend, it is opportune for parents with children in Catholic schools to ask questions of the major political parties concerning their attitudes and commitment to funding.

Message from Bishop Jeffery Jarrett: Dear brothers and sisters in Christ: The NSW State Election on 28 March gives us once again the opportunity to fulfil one of our most important civic rights and duties. This is the moment for us to cast our vote, and for us Christians it means a vote in accordance with our conscience: that’s a conscience tuned to the deepest truths, among other things the dignity of the human person, their right to religious freedom, the preciousness of life, marriage and the family, and the rights of parents to educate their children in a way that respects their religious and moral beliefs. These truths shape the very foundations of our free and democratic society. They affirm that the dignity of the person is a good for which both Church and State must work in their respective areas, often in common support. Our tradition of liturgical prayer bids us pray constantly for our leaders, for all called to the public service of the common good. Let us pray also in these days ahead for our fellow-citizens, that they may recognise and defend those foundational Christian and human values which have given us our freedoms and built the social capital that continues to supply our strengths. (Please refer to the College Website)

(Most Revd) Geoffrey Jarrett, Bishop of Lismore.

Congratulations: Three Year 10 boys, Oliver Hackenburg, Nick Wright and Harry James who competed in the grand-final of teen indoor soccer. This would not normally make the Principal’s section but their attitude rather than the result was most pleasing and worth noting. Due to a few reasons, they were the only three to play from their team when there are normally six on the field. Not only did they choose not to forfeit, but they went on to win by two points (their opponents had six players) very proud to hear such great comments about three members of the St Paul’s Community, as were their parents. Outstanding comment were received from all in attendance. Very proud boys…!

Insight SRC Survey: 60 Random Families - Parent Surveys for School Improvement: This year, we will be
surveying staff, students and parents as part of our ongoing data collection for school improvement. The implementation of the student, teacher and parent opinion surveys to support school improvement has provided a rich source of data for all diocesan schools. The Lismore Catholic Schools Office is committed to continuing to support schools in their ongoing pursuit of improving learning outcomes for all students.

The surveys are co-ordinated by Insight SRC and all individual responses from staff, students and parents will be kept confidential and will not be identifiable to any other person or body outside of Insight SRC. There is no way that individuals can be identified from the results or the information provided by the survey consultants.

All schools will be provided with the opportunity to survey all staff, a random sample of students in Years 5-12 and a random sample of parents. All staff and student surveys will be conducted online and parents will be provided with the choice to complete either an online or paper based survey.

National Day of Action Against Bullying: Today is the National Day of Action Against Bullying. This week on assembly I reminded students about the impacts of bullying. Over the next few weeks, we will be surveying students about bullying, where it happens, what they are concerned about and what they think should be done to combat it.

On the Calendar: In the coming weeks we will be welcoming Year 6 students to our ‘Day in the Life’ program as part of their transition into high school. Year 12 will move into their Mid-Course exams. Good luck to all students involved.

God Bless

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

ASSISTANT PRINCIPAL’S MESSAGE

Week 8 of the first term is behind us and hopefully all students are now utilising their study time and putting in the hours necessary to achieve their personal best. Thank you to the parents who are assisting their children in putting together a realistic and consistent study program. It is always pleasing to see the many students who have an excellent attitude towards their work and as a result are performing very well. Our goal, as teachers, is to support all students to achieve at their very best. I am sure that if we work together on this we will see an improvement, not only in the work ethic of all students, but also in their performance and results.

Goal Setting: Earlier this term, all students performed personal Academic Goal Setting, and again last week, they reviewed their Academic Goals. The results of this are easily accessible in student diaries. Students should be monitoring when their minor or major goals have been reached, or when they are either staying on track or moving away from achieving their goals. Parents, if you have not already done so, please ask your children about these goals, and discuss them further if required. Students were
encouraged to set SMART goals. SMART goals are: Specific, Measurable, Attainable, Realistic and Timely. We encourage all students to refer to these goals from time to time throughout the year.

Parent/Teacher Evening was held on Wednesday night. I would like to thank all the parents who took the opportunity to speak to the College staff during this important evening. Once again, events like this enhance our partnership as carers and teachers of your children. The flow of information between you as parents to us as teachers, and vice versa, is an invaluable exercise.

P & F Easter Egg Raffle: Once again the P & F are working hard to raise funds for the school. This term they are running an Easter Egg raffle which will be drawn at the end of this term. We are asking families to support this cause by supplying one small egg or bag of small eggs as a donation. The more donations we receive, the more prizes we can offer. I encourage all families to support this worthwhile cause.

Thank you for your continued support in the education of your children.

Mr Guy Campbell – Assistant Principal

REC MINISTRY

Years 7 and 8 Sunday Mass: This Mass was held Sunday, 8 March. A big thank you goes to the Year 7 and 8 students, as well as their parents, who made the effort to attend on the day. A special thanks to Mrs McMillan, Lucy Barber and McKinley Payne who organised the music. Thank you also to Mrs Mainey and Georgina Sultana who organised a beautiful morning tea and special gifts for the parishioners afterwards.

Year 12 Retreat: The Year 12 Retreat will be held at Coffs Harbour, 22 – 24 April. Return slips and $30 deposits were due on 13 March. The full cost is $165. All students are expected to attend. If a student cannot attend the retreat for any reason, they need to get approval from the principal as soon as possible; otherwise the full cost of the retreat will be charged.

Project Compassion: Students and teachers are supporting CARITAS Australia through Project Compassion, during this period of Lent. Students fundraise and donate money through the collection boxes that are in their PC rooms. The St Patrick’s out of uniform day was in support of this. Last year we raised $2,200.

Mr Conrad Tamblyn – Leader of Evangelisation

CURRICULUM

Year 12 Parents and Students: Most institutions that participate through the Universities Admissions Centre (UAC) have an Educational Access Scheme for applicants who have experienced long-term educational disadvantage due to circumstances beyond their control or choosing, which have seriously affected their educational performance. A long-term educational disadvantage should normally be experienced for a period of at least six months.

If you think you might be eligible, you should apply for EAS through UAC, in addition to your UAC application for admission, by downloading a copy of the 2015 EAS Booklet and the application form and calling UAC on (02) 9752 0200 if you have any questions.

Applications for 2016 admissions will open in August http://www.uac.edu.au/undergraduate/eas/

Year 12 Mid-Course Examinations Week 9, Term 1: Students should actively be preparing and revising for the Mid-Course examinations, remembering that last term’s work is just as important as this term’s. HSC style questions are available from the following web sites: http://www.boardofstudies.nsw.edu.au/ , http://www.boredofstudies.org/ and http://www.csu.edu.au/hsc/.

Please remember that these exams are a part of the school’s internal assessment process for the HSC and, as such, must be taken seriously in all aspects. If a student misses an exam, he or she must apply for misadventure and present a doctor’s certificate or other suitable documentation. Please refer to the HSC Assessment Guide for 2015 (Illness-Misadventure Provisions) or see me if you need further clarification on this matter or on any other rules and regulations.

Year 10-12 Assessment Tasks: Students and parents, please be aware that all Year 10, 11 and 12 Assessment Task submissions are to have an Assessment Task Coversheet attached. Please refer to the relevant (Year 10, Preliminary or Higher School Certificate) Assessment Guide for 2015 for more information, or see the relevant class teacher and/or KLA Co-ordinator.

Mr Leon Robinson – Leader of Curriculum
**Mindset:** The way in which we think about ourselves and our abilities is vitally important to our learning. Our mindset provides a mental landscape which we operate in, based on what we believe about our abilities. According to renowned Stamford University psychologist Carol Dweck, there are two main, and opposing, mindsets.

**Fixed Mindset:** A person with a fixed mindset believes fully that we are born either with or without our natural abilities, and that we cannot grow beyond these. Our intelligence is fixed.

**Growth Mindset:** A person with a growth mindset believes fully that we are capable of learning new skills and abilities throughout our life. Our intelligence can be improved.

Many people start out with a fixed mindset but convert to a growth mindset as they gain life experience. Some of the attitudes that result from these mindsets are outlined below.

<table>
<thead>
<tr>
<th>Regarding.....</th>
<th>Fixed mindset attitude</th>
<th>Growth mindset attitude</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intelligence</td>
<td>Intelligence is fixed. Afraid of being wrong or failing. Try to hide any inabilitys so they don’t “look stupid”.</td>
<td>Intelligence can develop. Mistakes are OK as they are an opportunity to learn. Inabilities can be improved upon.</td>
</tr>
<tr>
<td>Challenges</td>
<td>Challenges may reveal what I cannot do. Better to give up than persist and fail. Respond emotionally to failure because it is “proof” of my inabilities.</td>
<td>Challenges are an opportunity to learn new skills or ideas, therefore improve and grow. Respond clinically to failure (analyse what I could do differently next time).</td>
</tr>
<tr>
<td>Effort</td>
<td>Why bother? It won’t improve my ability or results.</td>
<td>Effort and persistence are the key to mastering anything.</td>
</tr>
<tr>
<td>Criticism</td>
<td>Criticism is a personal attack. Leads to upset or anger. Advice is ignored</td>
<td>Criticism is seen as feedback and an opportunity to learn. Advice is reflected upon and used to improve.</td>
</tr>
<tr>
<td>Success of others</td>
<td>Seen as a threat. “Tear down” high achievers so I don’t look bad.</td>
<td>Inspired by others. I look at what my peers or heroes did to succeed and apply these attitudes to myself.</td>
</tr>
</tbody>
</table>

The consequences of being stuck in a fixed mindset can have serious negative consequence on a person’s learning, their identity and their future. Fixed mindsets easily lead to negative cycles. For example, “I can’t do maths” is an excuse that gives permission for less effort with maths work. This leads to poor results which reinforces the idea that “I can’t do maths” and so on. With a growth mindset, “I need to improve in algebra” leads to effort where most needed (homework, attention in class, revision, etc). This leads to improved results that allow the student to see that they have the ability to improve.

“Whether you think you can or think you can’t, you’re right”

This quote by Henry Ford sums up mindsets beautifully. By knowing that there is more than one mindset with which to approach life, we hope our students will be empowered to tackle the task of learning without being hobbled by invisible chains of their own thinking.

This information regarding mindsets was recently presented to St Paul’s students at the whole school assembly.

Mr Rob Mahon – Leader of Pedagogy

**NORTH STREET FARM**

Some pictures from the North Street Farm. The second litter of pigs are born and are growing well, the sow had 11 born alive and has not lost any to date. According to our calculations, the piglets are growing at between 230 and 350 gram per day. Our lone Angus Heifer, known as Cindy, Cate had her first calf on Thursday. She was artificially inseminated back in June last year. We finally have a heifer after a long run of bull calves. We are also waiting for one of our stud Devon cows, Tallowood Charlie to give birth. Both
were inseminated on the same day after an oestrus synchronisation program was commenced. (This causes the cows to cycle at the same time, allowing them to be artificially inseminated.) Year 12 Primary Industries have been busy building the new accommodation for our pig herd. These will be housed on deep litter in our Eco style shelter on the North Street Farm. The litter is a mix of hay and sawdust which will be brought back to the school and composted for use in the vegetable growing enterprise. Students have been honing their skills operating the tractor, using it for mulching and spraying microbial solutions and liquid fertiliser to aid pasture growth. Brandon Brahe, Josh Scott and Josh Brown are pictured on the tractor.

We have also had some signs painted on the Trade Skills centre ute. These were done by Kempsey Signs and look fantastic.

Mr Graham Bramley – Agriculture Teacher

LIBRARY NEWS

OVERDUE BOOKS: Letters will be going home towards the end of term 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.

YEAR 12 STUDY: Good luck to our Year 12 students as they embark upon their mid-course exams next week. Don’t forget...wherever possible, the Library will be open from 8.15 (with free OJ on offer) and will close at 4.30.

ANZAC DISPLAY: As previously mentioned, this year we will be mounting a display to mark the 100th anniversary of the landing at Gallipoli. If anyone has ANZAC mementos suitable for display (from ANY WWI theatre of war) and would like to lend them to the school, please feel free to do so. Please clearly mark them with names and further details where necessary.

PREMIER’S READING CHALLENGE: Students from Years 7, 8 and 9 are invited to participate in this year’s event. Most of you know what to do, so start reading. Details such as user names, passwords and online recording will be given out in your English classes very soon. If you have any questions in the meantime, just call up to the Library.

Happy Reading.

Mr Peter Garty – Teacher/Librarian

TEXTILES

OUR NEXT ADVENTURE: You may remember in Term 4 last year the senior textiles class had an adventure in Melbourne, visiting the National Gallery of Victoria to view the Jean Paul Gaultier exhibition. Well, in Week 6 we set off on another adventure – this time to Sydney.

We left just after 8am on Wednesday, March 4, and travelled to Waxcon, an industrial textiles factory at Rutherford, near Newcastle. Waxcon have the contract to dye and print the camouflage fabric for the defence force. Here
the girls saw the fabric testing laboratory, methods of dyeing, weaving looms and rotary screen printing. The company kindly provided us a late lunch in the boardroom after the tour, giving the girls a chance to ask questions and clarify any information. We then travelled to Sydney and my parents were coerced into providing accommodation to help cut costs!

On Thursday, we travelled to Rosehill Racecourse to attend the Stitches and Craft Show. We viewed Texstyle, a display of outstanding MTPs (Major Textile Projects) from the 2014 HSC. We also attended HSC lectures which have given us an additional edge for the completion of our MTPs. The girls then had an opportunity to peruse the various stalls of the show, gaining inspiration for their projects. In the evening, I attended the award ceremony with Mr Lewis, where Ally Dowdle from Year 10, received her prize for coming 3rd in the state wide TEA Art Quilt Competition last year. Ally’s quilt was among over sixty entries, so this is a wonderful achievement for her, especially since she was competing against many students older than her.

On Friday, we had a full day planned. We firstly caught the train to the city, then hopped on a bus to Paddington. We visited the studio of Barbara Rogers, a Shibori textile artist. This ties in with our cultural study of Japanese textiles, where we need to investigate the impact of traditional techniques, such as Shibori, on contemporary textiles. Barbara showed us her beautiful clamp resist pieces she creates on silk. We then headed back to the city. We observed the 3D portable body scanner in one of Sydney’s arcades. This is innovative technology that we study for the HSC. The scanner provides a full set of body measurements which can then be used to assist with accurate sizing, especially with regards to online sales. We had a quick stop at Books Kinokuniya, a wonderful book store with an amazing array of design books. We walked to the retail shop of Akira, the designer we study for the HSC. Here students observed Akira’s designs first hand, and Clementine, the store manager, answered any questions they had. Some students tried on some of Akira’s beautiful bridal designs. Our next stop was the Masuda Gallery at Darlington. The owner, Masako, showed us the most exquisite Japanese textiles from her exhibition ‘Indigo Blue’. We saw a mix of traditional and contemporary designs, including some patchwork ‘boros’ which were quite a few hundred years old. We then headed to Newtown where we a visited a number of sustainable fashion shops. Jackie at ‘The Social Outfit’ gave us a tour of her store, explaining how they provide employment and training to refugees and migrants, while making sustainable textiles from fabric remnants from companies, such as Sea Folly. We also met with Yoshi Jones, a Japanese textile designer who repurposes old kimonos into new fashions. This also ties in with traditional techniques and contemporary textiles. Yoshi generously gave us some kimono offcuts which we can incorporate into our own projects. We finally arrived back at my parent’s home, exhausted but full of inspiration and knowledge for the HSC.
On Saturday morning I participated in a teacher seminar on time management and the MTP while the girls did some shopping at the newly refurbished Macquarie Centre. We then somehow managed to pack all our shopping into the car and headed back to Kempsey. Thanks to my senior Textiles class for being such wonderful travelling companions.

Mrs Mary Walker – Textiles Teacher

SPORT NEWS

With Term 1 coming to an end, representative sport is increasing, which leads into a very busy Term 2. I encourage all students to listen to morning notices to hear all representative opportunities.

**Diocesan Swimming:** Last week, St Paul’s held a very successful Lismore Diocesan Secondary Swimming Championships. The weather was perfect and there was some great competition. I’d like to take this opportunity to thank all the parents who supported their children and for those who helped out on the day. A big thank you must also go to Year11SLR and selected Year10 students who helped out time keeping. The following students were a part of College swim team and should be proud of their efforts and the way in which they represented our College: Rebecca Grant, Jessica Grant, Zac Ward, Wil Smith, Raymond Fussell, Angus Patterson, Luke Sutherland, Kolby Wood, Finn Askew, Ashleigh O’Meally, Chloe Saunders, Logan McEvoy, Hugh Shannon, Abigael Baker, Blake Saunders, Jacob Nelson, Callum Sinclair, Cara Rudder, Damien Owens, Lauren Renneburg, Oscar Smith, Angus Howden, Carla Silvia, Callum Peters, Kiah Simpson, Tayla Maybon.

The following students were successful in their respective events and will now compete at the NSWCCC Swimming Championships in Homebush on 4 May: Jessica Grant, Rebecca Grant, Kolby Wood, Hugh Shannon, Ashleigh O’Meally and Cara Rudder. We wish them all the best with their preparation and competition.

Also, a further congratulations must go to the following students who were awarded age champions or runners up. Rebecca Grant 13 years Age Champion, Jessica Grant 15 years Age Champion, Hugh Shannon 15 years Runner Up and Ashleigh O’Meally 16 years Runner Up. Furthermore, Jessica Grant also set a new record for Intermediate girls 100m Butterfly with a new time of 1.08.22. Congratulations Jessica.

A final thank you must go to Scott Edwards and Tim Moorehead for organising the big day, Tom Salter and Mitchl Picker on their efficient marshalling skills, Kath Cornish, Joanna Kenefick and Darren Love on their expert time keeping skills, John Marks for his efficient PA set up skills and all other staff who helped in an indirect way.

**Diocesan Winter Trials:** On Tuesday 17 March, thirteen students travelled to Lismore to vie for selection for the Lismore Diocese Open soccer teams and U15’s and opens rugby league teams. We congratulate the following students on gaining selection

**Opens Boys soccer** - Daniel Baker, Tristan Bonds, Mitchel Clarke and Evan Clarke

**Open Girls soccer** - Abigael Baker, Liana Tyne, Lindsay Morrison, Olivia Creswick

**U15’s Rugby League** - Nathan Phillips

We wish these students and their teams all the best in their upcoming competitions and congratulate those students who were selected to attend the trial.

**Rugby League 9’s:** Last Thursday 12th March, St Paul’s rugby league teams travelled to Port Macquarie for Rugby League 9’s. All teams experienced wins, but unfortunately didn’t make the semi-finals. Our students should all be proud on their efforts and level of sportsmanship they displayed on the day. Thanks must go to Mr Moorehead and Mr Robinson for taking up their own time to coach these teams.

**Cricket:** At the time of this article going to print, Chloe Saunders, Year 10, is competing at the NSW All School Girls Cricket in Bathurst for the NSWCCC Team. We congratulate Chloe on this outstanding achievement and wish her and her team all the success. I will have an update on how she went in the next newsletter.

**Coming Events:** Boys and Girls Bill Turner Cup games starting last week of term
Lismore Diocesan Touch Tournament, Ballina, 28 April
Lismore Diocesan Basketball, Coffs Harbour, 7 - 8 May

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

The End of Term 1 Disco will be held in Week 10, Tuesday, March 31. Tickets are $5 each and will be available on designated days next week. Listen out for the daily notices. Signed permission notes must be submitted when purchasing a ticket. These notes, with further details, went out this week. Please collect one from the office if you missed out.

*Mrs Mary Walker – SRC Co-ordinator*

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**Did you know**

In 1964 Brother JD Healy, head of the Australian Province of the Christian Brothers, suggested that the new school be called Campion College after Blessed Edmund Campion, the English patriot, scholar and martyr. Campion was martyred in 1581, beatified by Pope Leo XIII in 1886 and canonised by Pope Paul VI in 1970.

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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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**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
At our school we aim to create a safe and supportive school community for everyone.

Sometimes, it can be difficult for parents or carers to know what to do when their child talks to them about bullying.

You are an important part of our work to prevent bullying and to respond effectively if it happens. Stopping bullying involves everyone.

If your child talks to you about bullying:

1. **Listen** calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they’ve told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child’s experience, try to keep calm to avoid more distress to your child.

2. **Reassure** your child they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, ‘That sounds really hard to deal with. No one should have to put up with that.’ or ‘I’m so glad you told me. You should be able to feel safe at school; that’s not fair at all’.

3. Ask your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

4. **Visit** www.bullyingnoway.gov.au to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

5. **Contact** the school. Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child’s teacher and, if you need to, ask to talk with the principal. Contact the school immediately if you have a concern about your child’s safety.

6. **Check in regularly** with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

Additional information can be found on our web site at [www.kmpslism.catholic.edu.au](http://www.kmpslism.catholic.edu.au)

Don't forget, our school is taking part in the 2015 National Day of Action against Bullying and Violence on Friday 20 March. Many classes will undertake lessons over the next few weeks on the topic of bullying.

If you are looking for support for yourself to deal with a bullying situation, you will find ideas on the Bullying. No Way! website for parents. As well, please contact the school if you would like to discuss any aspect of our approach to preventing bullying.

Thanks for your support to make our school a great school for everyone.

Mr Kevin Lewis
Principal
MID NORTH COAST

Farming & Land Management Expo
Sunday 22nd March 10am-2pm
KEMPSEY Showground

YOUR FARM IN FOCUS
Meet experts & learn about services & innovations relevant to managing your property

- Energy efficiency innovations
- Animal Health and Biosecurity
  - Quad bike safety, demo
- WorkCover NSW small business $500 rebate offer
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Contact Macleay Landcare on 6562 2076
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