



Star of Peace

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Number 16

18th October, 2016

From the Principal

Dear Parents, Staff, Students and Friends,

Welcome back!

I hope that families and staff had a relaxing break over the September/October holidays. Year 12 commenced their HSC Examinations this week. We gathered together to ask for God's blessing on each of them as they commence this final stage of their schooling. I have every confidence on the success of each of our students and believe that they have worked hard and have been very well prepared by our staff.

As you know, my holidays were spent with fourteen Year 11 students in the South-East of India for two weeks. The Immersion involved twelve months of organising and preparation under the wonderful leadership of Mr Paton, who prepared us for a truly unique experience, one that in some ways is difficult to put into words. I thank Mr Hornby for accompanying us on our journey.

The Immersion experience is a lived one, one that brings us into solidarity with other communities. A challenging one, that provides life-long memories as much for each of us as visitors as for our hosts. It allows our students to experience life, faith and a new perspective with a heightened appreciation for what simplicity really means. Coming face to face with the people and children in Trichy and recognising them as our brothers and sisters and as new found friends has enriched our lives and given us a broader view of the world and our responsibilities in it and to it. Our students have learnt so much and have returned with a very different view of what is important in life.

The opportunity to visit our sister school, Marist Nursery and Primary School, Viyalanmedu, Trichy in one of the poorest regions in India, was a great privilege. To meet with the brothers and the teachers and be told that the school exists because of our generosity and to see the number of students grow to 400 in just 2 years was incredibly humbling and life giving. Their gratitude and thanks to our community was and continues to be overwhelming.

The welcome we received from the beautiful and amazingly happy children made the challenges of climate, noise and the environment disappear in an instant. The 3 to 6 year old students, some who have only been at school since June, were eager to demonstrate what they have learnt. Our students rose to the challenge of quickly changing programs, teaching the students about Australia who we are, where we live, our landscape and famous places, Australian, sport, Maths and there was also some singing and dancing. The students were exhausted after each day and realised that getting a class of infants to stop and listen before trying to work with them and play organised games made for a very challenging experience (their first lesson as teachers).

This year the school completed the front part of the school. The brothers are now working on building a brick wall to keep the snakes out of the playground as well as provide more resources for learning. The infant students sit on the floor for their lessons and have a small blackboard and piece of chalk to write with. This is what we as a community have contributed to. Until you visit this community you don't realise the significant difference that we have been able to make and will continue to make to the lives of these children. Education is the key to freedom from poverty, the key to a better life. We will continue to share our experiences with you over the coming term. I would like to thank the Marist brothers in Trichy, Br Suresh, Br Albert and Br Gerard for sharing their home with us and for their generosity and hospitality.

Yours in Jesus, Mary and St. Marcellin

Mrs Angela Hay
Principal

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KEY DATES

- Thursday, 20th October**
Year 11 Music Performance Evening
- Monday, 24th - 28th October**
Year 9 Camp
- Friday, 28th - 30th October**
Year 11 REMAR Leadership Camp
- Monday, 31st October**
Year 11 Parent / Teacher / Student Interviews (3.00pm - 6.00pm)
- Friday, 4th November**
H.S.C. Examinations Conclude
- Friday, 11th - 18th November**
Year 10 Examinations
- Monday, 21st November**
College Leaders Reflection Day
- Tuesday, 22nd November**
Creative Arts Exhibition
Opening Night (Years 7-11)
- Wednesday, 23rd November**
P&F Meeting (7.30pm)
- Wednesday 30th November**
Year 11 Careers Conference

Assistant Principal

WALKATHON 2016 REPORT

Inspired by our Year 12 students, our theme for this year was "Out of this world" as we became "St Pats MARS College" for the event.

Our aim was to continue to financially support the Marist school in Trichy, India as well as provide additional equipment for the new Cola being constructed in the Senior Yard.

Due to our significant support, the Marist school in Trichy has grown from an enrolment of 60 students to 400 ... and increasing.

Our goal was to reach for the stars at \$40,000. We came close with a final figure of \$34,669.

Twelve students who achieved outstanding individual efforts and contributed amounts of greater than \$200 will be treated to a "Big Day Out".

Homerooms that reached their target of an average of greater than \$40 /person will be treated to a Mufti Day and BBQ lunch. Congratulations to the following Homerooms who achieved this goal: 7 Chavoin, 7 Edwin, 7 Ludovic, 7 Paul, 7 Xavier, 8 Chavoin, 8 Edwin, 8 Ludovic, 8 Paul and 8 Xavier.

A big congratulations to Year 7 Edwin who attained the highest Homeroom amount of \$2059. Year 7 Edwin will also be treated to a "Big Day Out" experience.

A majority of students contributed to our final amount and are to be thanked for their efforts.

Special mention needs to be made of the effort and creativity of two Year 12 students, Alex Ishac and Nathan Taverniti, who assisted in the promotion videos for the event.

The teachers who involved themselves in the 'Walkathon Committee' and did many big and small things to make the day a success are to be commended.

The Marist Brothers of Trichy are extremely appreciative of our support and we look forward to making the Senior Yard Cola an very impressive addition to the College.

Mr W. Waddell
Assistant Principal - Pastoral

Counsellor

MENTAL HEALTH MONTH

October is Mental Health month and **The Delta Clinic** is presenting a Free Seminar for parents with ADHD children on Sunday 30th October at 10.00 am at 248 Old Northern Road, Castle Hill NSW 2154. For more information feel free to phone the Clinic on 0414260956. To register please email your interest at thedeltaclinic@gmail.com.

I have attached to this newsletter a flyer from the University of Wollongong advertising the 'HSC Stress Less' App which seeks to assist HSC students to manage their stress and difficult emotions through the use of Mindfulness Meditation. While this app may be directed and developed with HSC students in mind, this may be a useful tool for many.

Suzan Boulattouf
School Counsellor/ Psychologist



Pastoral

YEAR 9

Last Monday the 17th of October, Year 9 took some time-out of their usual study to attend an incursion in the Library to develop their "Student Norms". Student Norms can be defined as; "standards of behaviour that the students as a cohort, want to hold each other accountable to."

The day consisted of watching informative multimedia presentations about how their interactions affect others and talks from Ms Carne and myself.

Students undertook various reflective activities in small groups, where they analysed how their interactions with each impacts on their relationships at school and at home as well as gaining an understanding of how their academics are affected by positive and negative interactions.

I would like to thank the Year 9 group for entering into the day with a spirit of co-operation and sincere interest. They were able to develop a meaningful set of standards that they will be able to aspire to throughout their senior schooling.



Mr D. Berner

Pastoral Leader of Learning - Year 9

YEAR 8



CONGRATULATIONS

Hanna Lake in Year 8 Xavier represented the College in the Sydney Olympic Cup 2016, Under 13 Girl's "Golden Foil" over the weekend (15th and 16th October).

Her fencing improved with each bout during the day and was awarded with a well earned First Place. Well done Hanna.

Mrs A. Papoulias

Pastoral Leader of Learning - Year 8



YEAR 7

CONGRATULATIONS

Sehan Samaragunarathna (Year 7 Xavier) who was fortunate to be selected from his soccer academy, Australasian Soccer Academy, to travel to Italy (Milan) and Spain (Madrid) during the recent September school holidays. The selected group comprised of Under 9's, 13 and 20 year olds.



With little rest involved, Sehan's team played 3 games in Spain and another 3 in Italy with most of the remaining time being spent receiving professional European style coaching with the odd shopping / rest day in between.

Aside from the games he played, Sehan was not only fortunate to see major games including Real Madrid but to meet a soccer legend Roberto Carlos (Real Madrid). Sehan managed five goals whilst on tour but came home knowing there is a major difference between the way he plays soccer and the way the Europeans play, with the Europeans playing much faster and more efficiently.

Outside of the game and training structure, Sehan also visited a couple of major stadiums being Santiago Bernabeu and the San Siro Stadium which are the home grounds to AC Milan, Inter Milan and Real Madrid teams.

When Sehan arrived home he was surprised to find an email waiting for him inviting him to attend a trial for the local NPL1 Youth Team, Parramatta FC and after trialling on the weekend was offered a position in his favourite spot of striker. Sehan hopes to continue his development in the game using the experience from his recent trip and many years of local club soccer, regional and youth league.

Sehan encourages all students to be active in sport as a means of development both mentally and physically.

Miss C. Mollace
Pastoral Leader of Learning - Year 7

Sport

ALL SCHOOLS ATHLETICS

Congratulations to **Daniel Menin** (8 Paul) who competed at the All Schools Athletics Carnival over the weekend. He achieved some outstanding results, placing 1st in Shot Put, 2nd in Javelin and 6th in Discus. Daniel will now compete at the National Athletics Carnival in December.

Amazing effort Daniel!



Miss D. Liska
Sport Co-ordinator

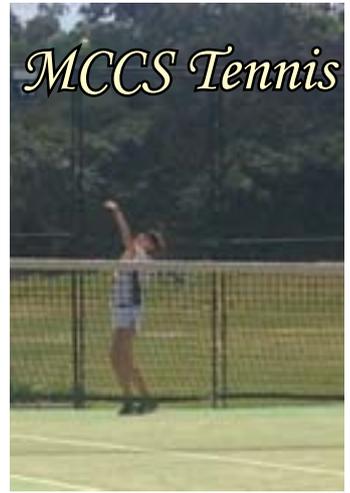


MCCS TENNIS

Last Friday, the MCCS tennis had their annual tournament at Barton Park. It was a beautiful day for tennis, sunny but not too hot and not too windy! The students all played in six matches, in which the game scores were calculated to determine who would enter the finals matches. All students played to their best ability and were sports-woman-like on the day. Well done to all players, especially those who had only weeks of learning the sport, many playing up an age division!

Special congratulations to Alisa Dybal who won the 13 Years Singles, Laura Nipperess and Sarah Brown who won the 17 Years Doubles and Lauren Suffling and Claudia Broekmans who came runners up in the 16 Years Doubles.

Miss R. Lawrence
Coach



Curriculum

TECH GIRLS

WINNERS IN THE SEARCH FOR THE 'NEXT TECH GIRL SUPERHERO'

Congratulations to Louise Bonthron, Roshene Rasaie and Alison Rigby for being announced NSW 'runners up' in the 2016 Tech Girls with Superpowers competition for their app 'AppLetic', designed to managed sports teams and source players.

The Tech Girl Superhero challenge is an initiative dedicated to promote positive role models and getting more girls into technology studies and careers. The girls had to draft, create, code and produce an app for a problem in their local community, build a company to launch the app and then pitch the overall plan as a video to a panel of experts.

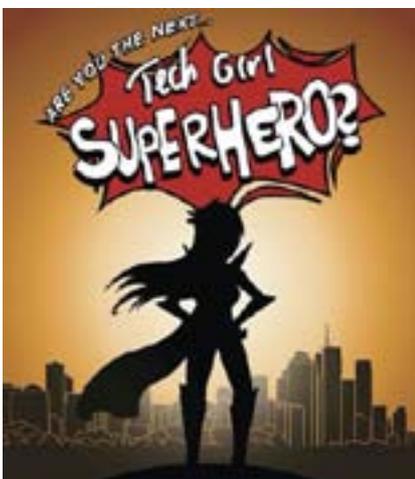
The team decided to create an app involving community sports to improve the communication between sporting clubs. It included features such as a team chat and a refined search which will make the process easier to communicate with your team, locate specific teams and find extra players.



Take the time to visit our Facebook page to view their video submission -

[facebook.com/St-Patricks-Marist-College-1549337335358979](https://www.facebook.com/St-Patricks-Marist-College-1549337335358979)

Well Done girls!





India Immersion





India Immersion



The first Marist Brothers arrived in Australia on the 'Star of Peace' on 21st February, 1872. On the 8th April, 1872, school commenced at St Patrick's. Our Newsletter is named, 'Star of Peace', as it too, hopefully, brings peace and good news to our community.

HSC STRESSLESS APP

University of
Wollongong



The HSC Stress Less App seeks to assist HSC students to manage their stress and difficult emotions throughout this high pressure year via the use of Mindfulness Meditation.

Mindfulness is the art of "intentional attention". That is, simply being able to step back and observe, in a non-judgemental manner, our inner sensations and experiences.

Mindfulness is used widely in the treatment of clinical issues such as depression, anxiety, and substance abuse. It is not religiously based and requires no previous training.



What's in it for us?

We are interested in whether using the app helps students to stress less and have better mental health in their HSC year.

What's in it for you?

Whilst it's possible you may find the use of this app helpful, we are not sure how helpful it will be. You can help us find out! The information you provide will develop this project further and hopefully help us build an app that future HSC students will find easy to use and really helps!

How does it work?

The app provides audio guided meditations of varying lengths (from 1 minute to 10 minutes) which will allow you to build up your "Mindfulness Muscle" so that you are better able to "unstick" from stressful feelings. It also takes advantage of the functions of your phone or tablet to set reminders to practice your Mindfulness skills regularly.

The HSC Stress Less app is available to download for FREE from iTunes and Google Play Stores

Feeling really bad and need someone to talk to? Call Kids Helpline: 1800 55 1800 OR Lifeline: 13 11 14



UNIVERSITY OF WESTERN SYDNEY

Gravity (and Wonder): At Penrith Observatory

Have you ever wondered about gravity? What is this invisible force that stops us from flying off into space as our planet rotates? How does the Moon stay in orbit around Earth? Why is the gravity of a black hole so strong? Join us for answers to these questions and more in our special Gravity (and Wonder) event in association with the Penrith Regional Gallery & The Lewers Bequest. Evening includes presentation, 3D movie, tour of the dome and 0.6m telescope and telescope viewing (weather permitting).

Bookings are essential

http://www.westernsydney.edu.au/observatorypenrith/penrith_observatory/whats_on

November 19

8pm to 10pm