



# Star of Peace

St Patrick's Marist College Newsletter

Number 6

3<sup>rd</sup> May, 2017

## From the Principal

Dear Parents, Staff, Students and Friends,

Welcome back to Term 2. It promises to be another great term with some important and exciting events including our Athletics Carnival, NAPLAN, Mother's Day Liturgy, Year 11 Examinations, Year 12 Formal, Subject Selection for Year 10 into Year 11, Debating, Champagnat Day, Marist Netball and our Musical "Hairspray" during the second last week of term.

Last week we celebrated ANZAC Day. We were very blessed to have Warrant Officer John Stonebridge join us and share his story and insights. I thank Mrs Whelan for her organisation, Bill Johnson for his beautiful rendition of 'Abide with Me' and the National Anthem, Matthew Coupos and Alexander Johnson for playing the Last Post and Reveille and Jakob Reid and William Collins for the procession march. We are once again reminded of the great sacrifices our men and women in the armed forces have made and continue to make for us.

Last Friday night we made our way out to Bede Polding College in Windsor for the first round of the CSSA debating. I thank them for their wonderful hospitality. I am very pleased to say that we had 4 wins out of our 6 teams that debated. I thank the staff who are giving up their time to coach and attend each Friday night and to the staff who support as audience or adjudicators. We have seen tremendous improvements in our Debating over the last three years and I thank Ms Graham for her leadership.

We continue to focus our attention on regular attendance. We understand the importance of being in class each and every day. I have included a breakdown of the current attendance rates this week for each year group. We ask for your support in ensuring daily attendance.

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Total
90.8%	85.4%	87.8%	83.8%	90.1%	94.8%	88.6%

Each and every term we have a dedicated group of staff who coach our sporting teams. I would like to thank the following staff for their support in Term 1 and in particular a special thank you to Mrs Pavlovich for the great work she does as our Sports Co-ordinator:

Touch Football:	Mr Bonora and Mrs Donaghy
Water Polo:	Mrs Mikhael
Volley Ball:	Miss Carne and Mr Dent
Tennis:	Mrs Haddad
Cricket:	Mr Flew, Mr Gabrael and Mr Moussa
Basketball:	Mr Lower and Mr Paton
Swimming:	Mr Paton, Ms Magner and Mrs Pavlovich
Triathlon:	Mrs Papoulias

Congratulations to the Junior and Opens PDSSSC Touch Football teams and to their coaches Mrs Donaghy and Mr Stephen Flew for their great results at their Gala Day with the Opens winning the day .

As we do not have a newsletter next week, I would like to take this opportunity to wish all of our mums, grandmothers and other special people in our lives who fulfil our maternal needs, all the very best for Mother's day and I invite you to attend our Mother's Day Liturgy next Friday 12<sup>th</sup> May. We remember our mothers and grandmothers and those who have taken on the role of mother with much thanksgiving. We thank them for the many things that they do for us, the joy that they bring to us, and for the often quiet way that they go about doing things for us to make our lives a little bit easier, placing our needs above theirs. It is a time to celebrate Mary our Good Mother. Mary holds a secure place in the heart of the faithful. She is the greatest of all saints. Mary serves as an outstanding model of virtue – of faith, hope and love of God and for others. The church reminds us of our need for reverence of Mary, because it was through her that the son of God came into our history and that all devotion to Mary leads us to Christ.

Yours in Jesus, Mary and St Marcellin

**Mrs Angela Hay**

SPMC Attendance Rate	Goal
88.6%	90%

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## KEY DATES

**Friday, 5<sup>th</sup> May**  
Parent Morning Gathering  
Athletics Carnival

**Tuesday, 9<sup>th</sup> - 10<sup>th</sup> May**  
NAPLAN

**Wednesday, 11<sup>th</sup> May**  
REMAR Red Caravel

**Friday, 12<sup>th</sup> May**  
Mother's Day Liturgy  
NAPLAN Make-up Day

**Tuesday, 16<sup>th</sup> May**  
Year 12 Parent / Teacher /  
Student Interviews

**Saturday, 20<sup>th</sup> May**  
Year 12 Formal

**Thursday, 18<sup>th</sup> May**  
Year 11 Examinations Commence

**Friday, 26<sup>th</sup> May**  
Year 11 Examinations Conclude

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**The Mission** of Marist schools is to lead young people in the way of Mary, to know and love God in the belief that they all can become good Christians and good Citizens.



## SPORT UNIFORMS

Please be advised that the following sport uniforms will increase in price from the 8<sup>th</sup> May 2017.

- Netball Shirt will be \$35
- Netball Skirt will be \$35
- Sport Socks will be \$15
- Cricket Shirt will be \$35
- League Shorts will be \$25
- Soccer Shorts will be \$25

All of these items are available from the Uniform Shop, opened on Wednesdays during the school term.

**Mrs D. Jefferson**  
**Uniform Shop**

## TERM 1 SCHOOL FEES

School Fee Statements for Term 2, 2017 are being mailed this week to all families that are not on an official payment arrangement and are due by the 29<sup>th</sup> May. Please contact me urgently if you do not receive them.

Any family experiencing financial difficulty or would like to organise an alternate payment plan can contact me on – 9638 5644 or [rwadih@parra.catholic.edu.au](mailto:rwadih@parra.catholic.edu.au) for assistance.

**Ms R. Wadih**  
**School Fee Administrator**

# Director of Studies

## NAPLAN

Years 7 and 9 students will complete the Naplan testing next week, Tuesday 9<sup>th</sup> to Thursday 11<sup>th</sup> May. Any student who misses part of the test will be able to catch up on Friday 12<sup>th</sup> May. The letter sent home to parents and information sheets are attached to this newsletter containing further detail on the tests.

### Note to Year 9 Students and Parents

In the lead up to this year's NAPLAN tests, it is important for parents and students to be aware of some information from NESA about the implementation of a minimum standard of literacy and numeracy for the HSC from 2020.

In particular, the main messages are:

- A HSC minimum standard is being introduced to help ensure that students leave school with the basic literacy and numeracy skills fundamental for life after school.
- NAPLAN is a chance to check a student's progress towards the HSC minimum standard or, for more advanced students, prequalify for the HSC minimum standard with Band 8s or higher.
- Most students will demonstrate the minimum standard by passing online reading, writing and numeracy tests in the lead up to Year 12.
- Year 9 students have three more years of learning before the HSC.

Attached is a letter from NESA to Year 9 students and a message to Year 9 parents explaining the new HSC minimum standard along with a student information leaflet that may help to clarify any questions that you may have.

## YEAR 12 PARENT/TEACHER/ STUDENT EVENING

On Tuesday 16<sup>th</sup> May we are conducting Parent/Teacher/Student interviews for Year 12 students. There is an expectation that you take advantage of this formal opportunity to meet relevant teachers in order to obtain a first-hand account of your son's / daughter's progress in their studies.

Interviews will be held in the College Library beginning at 4.00 pm and concluding by 7.00 pm. Reports will be available for collection from 3.30pm on the day in the College Library. We would encourage you to allow some time to collect and read the Report before your interviews begin.

This year we have continued using the same online interview booking system (SOBS). This system can be used immediately but will close at 5pm on 15<sup>th</sup> May. A letter with your log-in details to the SOBS site was emailed last week. If you have not received your log-in details, please contact Miss Louise Farrugia at the College as soon as possible.

It is an expectation of the College that all students attend the interviews in full College uniform, accompanied by at least one parent. Please ensure you contact Mr Quigley if there is any reason you are unable to attend the evening.



## YEAR 11 MID COURSE EXAMS

### Changes to dates:

Year 11 Examinations will start on Thursday, 18<sup>th</sup> May (instead of Friday 19<sup>th</sup>) and conclude on Friday 26<sup>th</sup> May (instead of Monday 29<sup>th</sup>). Students are not required to attend classes when they do not have an exam. They are to use this time to study at home or they can study in the library.

Further details are provided in the letter to parents and the Examination Timetable, which will be distributed to students next week. Please ensure the acknowledgement slip is returned to Homeroom Patrons by Monday, 15<sup>th</sup> May.

**Ms T. Ellison**

# Assistant Principal

As we return to school for a busy term, we are conscious that some of our students also have commitments outside of school, whether it be training for sports teams, extra tutoring or part-time employment. All of these commitments provide value both now and for a student's further development.

Moreover, at St Patrick's Marist we are also aware that the well-being of our students is our primary role as educators so that they can reach their full potential. Learning is most fruitful in an environment when students are happy and healthy, yet learning can be impacted when students lack concentration, are not feeling well enough to attend school or do not feel connected to their school.

There are many complexities at play that contribute to a person's positive well-being and one aspect which can assist in ensuring that all our students get a good night's sleep. Through research it has been found that proper sleep at night is vital for learning and the development of the adolescent brain. However, many teachers (as well as parents) both in the wider community and here at the College can attest to the fact that when at school some students are at times fatigued, moody and irritable. For parents it can be a real challenge to arrange pick-up from your child's sports training or work, prepare dinner, monitor that homework is completed, before finally 'pushing' our children into getting a proper night's sleep. However, a good night sleep is crucial.

At the back of this newsletter edition I have attached two articles that we would encourage all parents to read and discuss with your children as we commence Term 2. A couple of points that resonated with me that I wish to emphasise are stated below.

- Research suggests that teenagers need between 9 to 10 hours of sleep per night, but most get between 7 to 8 hours.
- Chronic sleep deprivation leads to reduced alertness, concentration and errors, poorer academic performance and feelings of sadness and irritability.
- Many teenagers suffer from FOMO (fear of missing out) and are constantly connected to social media or play computer games. This means their brains are constantly wired which makes it harder for them to relax and unwind.
- A proper sleep routine should involve:
  - Getting into a routine by getting to bed and waking up at the same time every night and morning
  - Avoiding caffeine
  - Doing some physical activity outside during the day
  - Avoiding technology at least 30 minutes before bed time because this acts as a stimulant.

Finally, as we begin Term 2, I would like to pass on my thanks to all parents for the way students have returned to school. For the most part, students are neatly attired and are enthusiastic about their learning. May this continue as the term progresses! *Also, a reminder to all parents and students that road safety while travelling to and from the College is of paramount importance. Care and attention to other drivers and pedestrians should be displayed at all times but in particular around the student drop off zone. Please be respectful of other drivers and be mindful of our students who are walking along the footpath, crossing the road or walking through our Bus Bay area.*

**Mr D. Bonora**

**Acting Assistant Principal - Pastoral Care and Administration**

# Student Leaders

## MARIST LEADERSHIP FORUM

From the 28<sup>th</sup>-30<sup>th</sup> of April, eight of our Year 12 student leaders were privileged to attend the Year 12 Marist Forum. Students from Marist Schools from NSW were invited to come down to The Hermitage in Mittagong for a three day gathering of discussion, activities and fun. Our leaders formed friendships with students from Marist College Eastwood, Cerdon College Merrylands, Marist College North Shore, Marcellin College Randwick, Trinity Catholic College Auburn and Mount Carmel Catholic College Varroville.



Students explored the concept of Vocations by asking themselves what they have been called to do in their lifetime. There were many activities throughout the weekend, which gave students the opportunity to question what it means to be called into a vocation. The students were placed in small groups where they could share ideas and experiences with other young adults, who were also maybe questioning the next stages of their life after high school.

Some of the highlights included The Amazing Marist Race, a scavenger hunt where students were given a list of tasks to perform and film. There were some genuinely talented acts, many of which came from our own Dundas leaders.

On the talent night, the school was proudly represented by Michael Gibson, performing songs on his guitar for the crowd. The students gave a great song performance as well, despite nerves and a lack of practice. We had the distinction of being the only school to get up and perform.

It was a truly fantastic experience for our students, who connected with the wider Marist Community. One of the forum leaders was ex College Captain Monica Gonzales (Class of 2015), who is now a Marist Youth Ministry worker and a great example to all students at Dundas of how you can still be involved with the Marist World, even after you graduate from St Patrick's Marist.

The Forum was attended by Eleanor Dezius, Sarah Ozer, Stephanie Belford, Ashleigh Fairall, Jennifer Habib, Michael Gibson, Brad Goldsmith and Bill Litsas. The College was proudly represented by these outstanding students who through the course of a weekend strengthened their own friendships with each other and learnt lessons about making their own post school lives more meaningful.



Mr D. Moussa

## Pastoral

### YEAR 12 FORMAL

The highly anticipated Year 12 Formal will be held at The Epping Club 45-47 Rawson Street, Epping on Saturday 20<sup>th</sup> May. Students are asked to organise the funds for their formal ticket. The ticket price is \$120 per person to be paid into the Front Office by Thursday 11<sup>th</sup> May in a clearly marked envelope. Any student wishing to take a guest must first submit the name to Mr Quigley and be aware that the guest attends on the understanding that the student taking them is responsible for their behaviour. The event will conclude at 11.00pm

We are looking forward to a wonderful evening.

Mr P. Quigley  
Year 12 Pastoral Leader of Learning

## YEAR 11

As we progress towards the start of the Year 11 Examination block, I ask parents and guardians to talk with their children regarding implementing a study timetable that will help students prepare thoroughly for their exams. By implementing a study timetable, students can reduce their stress levels and not create all night "cramming" sessions prior to exams, causing tired attempts.

The exam block will take place from the end of Week 4 through to the end of Week 5. During these days there will be no set classes, however students are welcome to use the library for group or personal study throughout the exam block.

When students are at school, they are expected to be in their full school uniform. When arriving and leaving the college, students are expected to do so in a respectful manner to other members of the school community and those in the wider community.

**Mr S. Belcher**

**Year 11 Pastoral Leader of Learning**

## YEAR 8

On the 27<sup>th</sup> April Year 8 were lucky enough to meet Tendai Mzungu and Matthew DoBoer, two professional Australian Rules footballers that play for Greater Western Sydney Giants in the Australian Football League.

Year 8 had the opportunity to ask Tendai and Matthew some questions about their sporting careers and the students had an opportunity to learn some skills from them. A great afternoon!



**Year 8 Pastoral Leader of Learning**  
**Miss Mollace**



# Debating

## ROUND 1 DEBATING

Friday 28<sup>th</sup>, April, 2017 (4 wins, 2 losses)

### Year 7 Affirmative Topic: "That homework should be banned" (Win)

Speaker 1: Natasha Ball  
 Speaker 2: Kayla Mills  
 Speaker 3: Jade Garcia  
 Reserves: Mia Brimicombe, Benjamin Goss, Jaspen Arathoon  
 Adjudicator: Bede Polding  
 Coaches: Mrs Christina Greenlees and Miss Madeleine Nelson

### Year 8 Affirmative Topic: "That homework should be banned" (Loss)

Speaker 1: Anthony Khatchigian  
 Speaker 2: Lara Brimicombe  
 Speaker 3: Anastasia Antoniou  
 Reserves: Alexander Bozanic, Adeline Giacomelli  
 Adjudicator: Miss Emily Gray

### Year 9 Affirmative Topic: "That technology is having a detrimental effect on Education" (Loss)

Speaker 1: Joseph Arabit  
 Speaker 2: Harry Simpson  
 Speaker 3: Sam Markarian  
 Adjudicator: Mrs Loraine Pett

### Year 10 Negative Topic: "That technology is having a detrimental effect on Education" (Win)

Speaker 1: Katrina Astalosh  
 Speaker 2: Nell Whittaker  
 Speaker 3: Connor Barr  
 Adjudicator: Bede Polding  
 Coach (Night): Miss Carmel Bonaventura

### Senior B Negative Topic: "That War is Justified" (Win)

Speaker 1: Theodore Sugita  
 Speaker 2: Jonathan Nakad  
 Speaker 3: Rebecca Ozer  
 Adjudicator: Bede Polding  
 Coach (Night): Mrs Angela Hay

### Senior A Negative Topic: That War is Justified (Win)

Speaker 1: Joseph Elias  
 Speaker 2: Dominic Gibson  
 Speaker 3: Nathan Long  
 Adjudicator: Ms Shannon Graham  
 Coach: Miss Sarah Hagarty

Thank you to Mrs Christina Greenlees, Miss Madeleine Nelson, Miss Sarah Hagarty, Miss Carmel Bonaventura, Mrs Angela Hay who coached the teams on the night, Mrs Loraine Pett and Miss Emily Gray for adjudicating and to those staff members who volunteered their Friday night to accompany the team to Bede Polding, Windsor.

**Ms S. Graham**  
**Debating Cordinator**



## Debating Captain Report

What seemed like a regular Friday night for some, the 28<sup>th</sup> of April was a very important day for our College Community. It marked the start of the Debating year for 2017, and our St Patrick's Marist team certainly began the year on a high.

Despite the hours in peak hour traffic, the round one 'kick-off' at Bede Polding College, Windsor was well worth the wait. With only a few steps in, we all immediately felt welcomed and a part of Bede Polding's community who were excellent hosts that night. Nonetheless, the nerves and sweaty palms traditional of all first round debates still managed to make their regular appearance. However, they were no match for our St Patrick's Marist spirit as we managed to achieve an amazing four successful debates.

Win or lose as Debating Captain, I am extremely proud of all the students from Years 7 through 12 who participated. It is never an easy task to speak in public, with little preparation, and I commend all those who did. I would also like to thank all the staff and students who took the time out of their Friday nights to aid and show support.

I am extremely excited for what the season holds for our Debating Team and can't wait for Round 2 at Catherine McAuley.

**Joseph Elias**

**12 Ludovic**

## ANZAC Day

The College held our Anzac day ceremony on the 26<sup>th</sup> April. Our guest speaker this year was Warrant Officer John Stonebridge. Warrant Officer Stonebridge joined the Australian Regular Army in 1981 when he was 17. He has served in various Royal Australian Regiments during the last 36 years in several States around Australia: Queensland, Western Australia and Tasmania. He has performed a variety of duties including Anti-Armour Instructor and Specialist Weapons Trainer.

Warrant Officer Stonebridge has seen active service in East Timor, Iraq, Somalia and Afghanistan. In 2004, he was awarded the Australian Bravery Medal (BM) for actions in saving the life of an unconscious driver of an overturned petrol tanker. Warrant Officer Stonebridge was also awarded the Order of Australia Medal (OAM) in the Queen's Birthday list in 2014.

The battle of Gallipoli is often considered the birth of Australia as a nation. It was the first time Australia fought overseas as a country as before it used to consist of a series of regions and states.

The campaign failed, yet it is a campaign that has come to symbolise the Australian soldier's courage and determination in battle. The significance of Gallipoli was that in the face of danger and potential defeat, the Australian spirit triumphed.

Despite our devastating losses, we joined together. We fought together. We became one. We conserve this piece of our history every year when we commemorate and honour the fallen at various ANZAC services. By doing this, we are reinforcing our country's identity.

We celebrate the fact that there were those who returned from the war and we honour their bravery and the sacrifices that they made. We also remember those who gave their lives and did not return to their country and their families.

This year we recognise the service of Australian women who served in the Australian Army as nurses and in non-combatant roles on the homefront. During WW1 more than 2300 members of the Australian Army Nursing Service (AANS) served overseas in war areas.

The women worked in hospitals, on hospital ships and trains, or in casualty clearing stations close to the front line. They served in Britain, the Western Front and in the Middle East. Many of them were decorated, with seven receiving the Military Medal "for acts of gallantry and devotion to duty under fire". Twenty-five died during their service. One who was awarded the Military Medal was Sister Alicia Kelly.

During one bombing raid in August 1917, Sister Kelly shielded her patient's heads with enamel wash basins and bedpans. A chaplain found her in a hospital tent, holding a wounded man's hand as the bombs fell. "I couldn't leave my patients", she said simply. We acknowledge the courage and commitment of these brave young women who put their own lives at risk for the sake of helping others. Lest We Forget

**Mrs J. Whelan**

**Leader of Learning - History**



# High Support Needs Class

## HSN Class visit the Royal Easter Show

Last Term, the students of the HSN Class organised their own excursion to the Royal Easter Show. They started by looking at the show timetable and the school timetable and deciding what day would be the best to go, as well as the best way to get there. The decision was made that the first day of the show would be the best to go and that the Special Event Bus would be how we would get there.

After having decided on the day, the students then had to download the Easter Show App onto their iPads and look at what events were happening on the day and timetable what they wanted to see and do. The Stunt Drivers and the Showbag pavilion were always going to be high on the list of things to do.

After planning what they were going to do, the moment had come where they could explore the 300+ showbags and choose one for them and another for a family member.

After their choices were made, the students had to add up how much the day was going to cost them - the entry ticket as well as the cost of their show bags.

Much planning and organising went into the day, and the majority of it was done by the students.

The day of the show was thankfully nice and sunny. The students enjoyed doing the Animal Walk, patting a pig, getting up close and personal with the bulls, watching the dog jumping, cheering on the cars and motorbikes in the stunt driving, creating a news report at the Channel 7 stand and navigating their way through the showbag pavilion to find their desired show bags.

It was a great day for staff and students and everyone was exhausted and happy by the end of the day.

Students are looking forward to planning their next excursion.





# Sport

## PDSSSC TOUCH FOOTBALL

On Wednesday, 26<sup>th</sup> April the Junior and Opens Girls Touch Football teams competed in the PDSSSC Gala Day at The Kingsway Playing Fields in Werrington.

Both teams played with great enthusiasm and represented the school with pride. The Under 15's had a very successful day out with a 3-3 win/loss record with two of those defeats occurring by one point in the last minute! There were great performances from everyone involved, especially as the girls had limited subs and were mainly Year 7's playing against girls in Years 8 and 9. Excellent effort from everyone involved.

The Opens girls, although out-numbered, were definitely not out-skilled. They played hard and worked as a team, supporting each other in every game. With only 9 players, we remained undefeated and won the Grand Final 2-1 against St Columba's. After this event Rebecca Donaghy was selected to trial to represent the PDSSSC team and Josie Bee and Taylah Nicholls were chosen to play in the Opens PDSSSC Touch team at the NSWCCC Touch Championships.

Well done girls, we are all very proud. A great day for all.



**Mrs M. Donaghy**

## MCS SENIOR TENNIS

On Thursday 27<sup>th</sup> April, our 14's & 15's doubles, 16's & 17's singles, 17's doubles, and 18's singles players competed against some fierce players in the MCS Tennis Competition.

With perfect weather, our boys played very well against a number of schools in our region. Everyone had a lot of fun, and all of the boys are to be congratulated for their determination, dedication and sportsmanship on the day.

The tennis team consisted of:

- U14's Doubles - Alexander Johnson & Austin Roia
- U15's Doubles - Samuel Markarian & Richard Lee
- U16's Singles - James Broekmans
- U17's Singles - Hovig Melkonyants
- U17's Doubles - Mitchell Moses & Nathan McNamara
- Opens Singles - Xantino Reniva

A special thank you to Mrs Haddad for coaching the team, and Rayhaan Vijayakumar for umpiring.

**Mrs M. Samcou**

## MCS JUNIOR TENNIS

After several cancellations and a wash-out mid way through the tournament, the MCS Junior Tennis team (12-15 years singles and doubles) completed their tournament on the 6<sup>th</sup> of April. The 2017 Dundas team was very successful with most of the players making it through to the semis and finals. Junior tennis star Rayhaan Vijayakumar dominated the 12 Years division and had a convincing win in his Grand Final match. The 13 Years junior doubles team made up of Patrick Wallace and Thomas Samany were also victorious in their Grand Final, demonstrating great teamwork with each other.



Both George Nakhoul and Nicholas Said put in solid efforts throughout the tournament as did Lin Xu who courageously played up a division to represent St Patrick's Marist in the competitive 15 Year singles competition. A special mention to Hovig Melkonyants for his enthusiasm and his assistance with both the team and umpiring throughout the tournament - even in the rain!

**Mrs M. Haddad**



## COLLEGE ATHLETICS CARNIVAL

The College Athletics Carnival will be held on Friday, 5<sup>th</sup> May on the College Grounds. Students are reminded that it is a compulsory school event which aims to promote both House and College spirit. Students are expected to be at school by 8.40am and will be dismissed at 3.15pm in time for normal buses home.

Students are to wear their full sports uniform to and from the carnival and are encouraged to bring suitable house coloured attire to be worn throughout the day. Students will also be required to wear the College hat and bring their own sunscreen on the day.

A reminder that students will need to make their own arrangements for recess and lunch. There is no specific recess break throughout the day so students will be expected to have recess as they rotate through the events. There is a 25min break for lunch. The school canteen will be available on the day ONLY at Lunch.

Participation is expected in at least one event, unless a Doctor's Certificate is provided by Wednesday, 3<sup>rd</sup> May to Mrs Pavlovich.

Looking forward to a fun and enjoyable day with lots of College and House spirit displayed! Don't forget guys and gidgets, 'Hairspray' the Musical is coming to the La Valla Centre this June!

Students from years 7-11 have been working vigorously on this performance for the past term, whether it be dancing, singing or acting rehearsals. We are all incredibly excited to share this insightful story of the American Integration movement in the early 1960s through a colourful, beautiful and jaw-dropping performance of the known and loved 'Hairspray'.



## Programme of Events

	9.00-9.30	9.30-10.00	10.00-10.30	10.30-11.00	11.00-11.30	11.30-12.00	12.00-12.25	12.25-12.55	1.00-1.25	1.25-1.50	1.50-2.15	2.15-2.40	2.40-3.15
<b>Novelty Shuttle Races</b>	12/13 Boys	17/O Girls	15 Boys	16 Girls	17/O Boys	12/13 Girls	<b>100m Final</b>	<b>LUNCH</b>	16 Boys	14 Girls	15 Girls	14 Boys	<b>RELAY</b>
<b>200m</b>	14 Boys	12/13 Boys	17/O Girls	15 Boys	16 Girls	17/O Boys	<b>100m Final</b>	<b>LUNCH</b>	12/13 Girls	16 Boys	14 Girls	15 Girls	<b>RELAY</b>
<b>Novelty Basketball</b>	15 Girls	14 Boys	12/13 Boys	17/O Girls	15 Boys	16 Girls	<b>100m Final</b>	<b>LUNCH</b>	17/O Boys	12/13 Girls	16 Boys	14 Girls	<b>RELAY</b>
<b>Shot Put</b>	14 Girls	15 Girls	14 Boys	12/13 Boys	17/O Girls	15 Boys	<b>100m Final</b>	<b>LUNCH</b>	16 Girls	17/O Boys	12/13 Girls	16 Boys	<b>RELAY</b>
<b>Novelty Captain Ball</b>	16 Boys	14 Girls	15 Girls	14 Boys	12/13 Boys	17/O Girls	<b>100m Final</b>	<b>LUNCH</b>	15 Boys	16 Girls	17/O Boys	12/13 Girls	<b>RELAY</b>
<b>Long Jump</b>	12/13 Girls	16 Boys	14 Girls	15 Girls	14 Boys	12/13 Boys	<b>100m Final</b>	<b>LUNCH</b>	17/O Girls	15 Boys	16 Girls	17/O Boys	<b>RELAY</b>
<b>Novelty Tug-O-War</b>	17/O Boys	12/13 Girls	16 Boys	14 Girls	15 Girls	14 Boys	<b>100m Final</b>	<b>LUNCH</b>	12/13 Boys	17/O Girls	15 Boys	16 Girls	<b>RELAY</b>
<b>400m</b>	16 Girls	17/O Boys	12/13 Girls	16 Boys	14 Girls	15 Girls	<b>100m Final</b>	<b>LUNCH</b>	14 Boys	12/13 Boys	17/O Girls	15 Boys	<b>RELAY</b>
<b>Discus</b>	15 Boys	16 Girls	17/O Boys	12/13 Girls	16 Boys	14 Girls	<b>100m Final</b>	<b>LUNCH</b>	15 Girls	14 Boys	12/13 Boys	17/O Girls	<b>RELAY</b>
<b>Javelin</b>	17/O Girls	15 Boys	16 Girls	17/O Boys	12/13 Girls	16 Boys	<b>100m Final</b>	<b>LUNCH</b>	14 Girls	15 Girls	14 Boys	12/13 Boys	<b>RELAY</b>

St Patrick's Marist College Athletics Carnival

## "Hairspray"

Applications are still open for anyone who would like to be a part of the back stage crew. Get your application form from the 'Hairspray' noticeboard outside the music rooms. All are welcome to come and experience the hard work and dedication of each of our cast members this June. Parents can also get involved by contacting Ms Andrews (tandrews2@parra.catholic.edu) or Mrs Lyons (rlyons1@parra.catholic.edu.au).

Tickets are now available for purchase online at: [www.trybooking.com/oxfu](http://www.trybooking.com/oxfu)

Doors open at 7:15pm. Performances begin at 7:30pm.

Performance Dates:

- Thursday 22nd June
- Friday 23rd June
- Saturday 24th June

**Joseph Doughty and Santia Palazzolo**



# Anzac Day Ceremony



*The first Marist Brothers arrived in Australia on the 'Star of Peace' on 21<sup>st</sup> February, 1872. On the 8<sup>th</sup> 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.*

ST PATRICK'S MARIST COLLEGE

proudly presents

# hairspray

• THE BROADWAY MUSICAL •



LA VALLA CENTRE

22nd – 24th

June 2017

7:30pm

Book by

Mark O'Donnell      Thomas Meehan

Music by

Marc Shaiman

Lyrics by

Scott Wittman      Marc Shaiman

Based on the New Line Cinema film written and directed by John Waters

Tickets available at [www.trybooking.com/OXFU](http://www.trybooking.com/OXFU)

Licensed exclusively by Music Theatre International (Australasia).  
All performance materials supplied by Hal Leonard Australia.

# Today's teens are struggling to fit enough sleep into their busy lives



• **Madonna King**

[Show comments](#)

Let me introduce you to three 14-year-old girls: Mandy, Margaret and Joanne. They are all drunk tired.

*"We go from school to sport to homework to bed to sport, back to school. And then you have to fit part-time work and friends in there. It's too hard."* – Mandy

School is only part of a hectic teen's day in modern Australia. Photo: RubberBall

*"A good night is five hours for me. A bad one can be three hours."* – Margaret

*"It's so hard to get out of bed of a morning. And if I have two consecutive nights' sleep of only six or seven hours, on that third day I can't cope. And then Mum will just say something and I'll go off."* – Joanne

Today, school is only part of a hectic teen's day, and for many 14-year-old girls, the day can reach far into the night.

Rowing can start before the moon nods off to sleep, meaning an alarm clock cuts through any teen dreams as early as 4.15am. Swimming morphs into school, which becomes hockey or football training or netball practice. Home beckons, but means a quick shower and dinner. And the clock chimes 8.30 pm. Often, this is when many students first open their books to begin the assigned homework.

Mandy, Margaret, and Joanne are not exceptions to the rule. Busy-bee lives are unfolding each day in schools across Australia, and the impact is devastating. Teachers report yawns from 9am and brain experts say learning while tired is pretty much useless. Parents admit they're not sure what time their teens nod off, and many girls nominate a lack of sleep as the key reason behind conflict with their parents.

Heavy school workloads, on top of extracurricular activities, are a key reason behind an epidemic in sleep deficit. Our 14-year-olds are worried sick, even if they are not telling you. It might be anxiety over an upcoming test or friendship angst that follows your daughter home from school. The lure of the blue-lit screen resting on the bedside table adds to the problem, with the short-wavelength light emitted suppressing the sleep hormone and delaying sleep onset. In lay terms, the teen's brain is being told it's time to wake up.

"A good night is five hours for me. A bad one can be three hours," Margaret said. And then, when they wake to a piercing alarm the next morning, what is their first act? That question is put to a group of Brisbane 14-year-olds. The answer is so in tune it seems practised: "Check my phone."

Sarah goes to bed between 10.30 pm and 11.30 pm. She admits she is on Instagram, Tumblr, Snapchat, Facebook, Twitter, Skype and ooVoo. Sheepishly, she also owns up to the fact that she's only allowed social media between 4 pm and 9.30pm – so doesn't begin her homework until 9.30pm. Her case points to another issue: few 14-year-olds have curfews, and those who do largely ignore them, tucked in their room with the door closed, while their parents, tired themselves, nod off to sleep up the corridor.

When this picture is described to Dr Chris Seton, an adolescent sleep physician at Sydney's Westmead Children's Hospital, he nods his understanding. None of this is a surprise; he hears it every day. About 80 per cent of his patients are drawn from private schools, many of them weighed down by nonstop extracurricular activity cycles and hours of homework. Seven in every ten 14-year-old students gets insufficient sleep, most of them recording fewer than eight hours, when nine hours is the minimum required.

About 15 per cent, Seton says, sleep for only five hours each night. Seton's passion for the challenge shows itself in the frustration he holds over the sleep-deficit epidemic that is still not accepted as a public health issue.

The average 14-year-old with 30 minutes of missed sleep records a measurable IQ difference of up to 10 points, he says. Ten points! Isn't that enough information for this to be treated as a serious public health issue? And it doesn't stop there. Seton says a string of other links – between insufficient sleep and drug and alcohol use, depression and anxiety – also exists, and the problem continues to grow.

The drop in academic results recorded by tired students can be explained by how sleep loss affects short- and long-term memory; the old adage "in one ear and out the other" is truer than we might have believed. Short-term memory loss can happen with one night's missed sleep. For good long-term memory, a teen needs sufficient sleep to consolidate their learning.

"If they get a good night and they learn well during the day and then they sleep badly [the next] night, the memory has not gone into long-term memory," Seton says.

The list of problems associated with drowsy teenagers runs to pages. Impaired learning. Mood swings. Anxiety. Depression. More prone to developing a negative body image. Low self-esteem. A loss of their sense of humour. Sleep-hungry teens are also more likely to eat fast food two or more times a week, have difficult relationships with their parents, increase school absenteeism and be put on detention.

"Not getting enough sleep causes the number of T cells in a teenager's body to fall by 30 to 40 per cent, thereby reducing the ability of their immune system to fight everyday infections," Seton adds.

It's not surprising that Kids Helpline often receives calls from high school students late into the night. Many of them are studying, and anxious, or still on their phones. But, despite the enormous amount of money poured into the education system and the focus on how best to test our students, nothing has changed to assist their sleep patterns.

Some schools have instituted "sleep hygiene lessons" as part of life-skills programs, where students are taught a routine to get ready for bed.

That's right: in Year 9! Seton is teaching the same routine in his clinics. Forty-five minutes before bed, all technology is turned off, then the teen has a bath. A chilled music playlist is turned on, a snack and a drink devoured, before the teen slips into bed.

"It trains the brain to get ready for sleep," Seton says. "It means when the light goes off the brain is not racing."

But few follow it.

Teenage girls in particular, say experts, suffer FOMO (fear of missing out) if they turn their device off overnight. They'd rather suffer tiredness than arrive at school, into their peer group, being the only one who wasn't up with the nocturnal electronic goings-on. That is borne out in the data showing the percentage of teens texting – not just after midnight but after 3 am on weeknights.

Seton says about 45 per cent of teens aged 14 to 16 regularly sent texts after 3 am, and 75 per cent after midnight. Some were sending more than 100 texts a night. The average sat at 34. Unfortunately, it's not only sending the texts that's part of the equation; the anticipation of waiting for a reply to a text means the brain wakes up – a term called "infomania".

Arianna Huffington, founder and former editor-in-chief of the Huffington Post and author of *The Sleep Revolution*, has also brought a bit of welcome celebrity to the call for more sleep. Speaking at the 2016 National Coalition of Girls' Schools conference in New York, she received a rock star's welcome for her call for us to redefine what success means. The audience – educators in girls' schools the world over – saw, on a daily basis, the devastating impact that a sleepless night waged on a student.

"We need to educate our young girls that they don't have to burn out to succeed," Huffington told the packed room.

School start times needed to be changed, too, she said.

Some Australian schools have been tinkering with start times, but there is no mass move to allow high school students to begin their daily education a bit later. Some schools have raised it as an option, but support for it amongst families is low. And in some cases, there has been strong opposition to trialling later start times.

Jane Danvers, principal of the Wilderness School in South Australia, like most of her peers, agrees with the science behind calls to change the school day. But she says obstacles exist to make it difficult and schools frequently looked at other ways to cater for teens. For example, timetables were often structured to differentiate what was taught in morning classes and what was taught in afternoon classes.

At the moment, the 8.30am to 3pm model is compatible with bus and train timetables, allows homework to be done before dinner, and doesn't create a logistical problem for big cities.

In other words, it's neat. It's clean. It works, for almost everyone. The one demographic missing out here are the teens – where the 14-year-old girls sit smack bang in the middle.

This is an edited extract from *Being 14, Helping fierce teens become awesome women* (Hachette) by Madonna King and released this week.

**Madonna King is a Fairfax columnist.**

# The importance of sleep for teenagers

<https://www.mindmatters.edu.au/about-mindmatters/news/article/2016/02/08/the-importance-of-sleep-for-teenagers>

Are your students falling asleep in morning classes? Sleep research shows that a teenager needs between nine and 10 hours of sleep every night. Yet most teens are sleeping only about seven or eight hours a night on average. Chronic sleep deprivation can lead to reduced alertness and concentration, poorer academic performance and feelings of sadness and irritability.

Andrew Fuller, a clinical psychologist who specialises in the wellbeing of young people and a MindMatters panellist, [explains the physiological impact of sleep on our brains](#): “Getting enough sleep is one of the most powerful ways we can protect ourselves against depression. The structures in the brain that support the most powerful antidepressant, serotonin, are built and rebuilt between the sixth and the eighth hour of sleep.

“Adolescents are often sleep-deprived which [may in turn increase vulnerability to stress](#),” says Fuller.

[MindMatters Module 4.1](#) talks about how schools help students by creating a mentally healthy environment. There is a range of lifestyle factors that can be modified to support young people’s wellbeing.

Dr Alexandra Parker from the National Centre of Excellence in Youth Mental Health emphasises the importance of simple lifestyle interventions. “Support young people in having some structure and routine, and remember the importance of sleep, diet and exercise. These have been shown to be modifiable risks factors for developing depression or developing anxiety disorders. They are influences which young people can change and have some control over.”

In the module, Professor Ian Hickie explains that physical activity during the day is important in order for teenagers to sleep well at night. Also, kids tend to be sleepy until about 8 or 9 am due to naturally later bedtimes, so there is often a discrepancy between school timetables and the physiology of teenage brains.

Here are some tips for teens to promote a good night’s sleep:

- Try to get up at about the same time each morning.
- Do physical activity during the day, preferably outside.
- If you’re worrying about things during the night, set aside some time for problem-solving during the day.
- Avoid drinks that contain caffeine (e.g. tea, coffee or soft drinks) after 4pm as it’s a brain stimulant.
- Allow yourself time to wind down before going to bed. If you’re working or studying, stop at least 30 minutes before bedtime. Try to relax before bed, avoiding phones, tablets and TV.

As Fuller reminds, [there is no such thing as a sleep bank](#); just because you slept 10 hours one night doesn’t mean you can get away with sleeping only six hours the next night.

For more information on maintaining a healthy lifestyle, [visit the \*beyondblue\* Staying Well page](#) or the [Teenage Sleep Habits page on Raising Children](#).



## ST PATRICK'S MARIST COLLEGE

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22<sup>nd</sup> March, 2017

Dear Parents,

In May 2017 the National Assessment Program – Literacy and Numeracy (NAPLAN) will be completed by students in Years 3, 5, 7 and 9. NAPLAN has the support of all State and Territory Education Ministers and will assess the literacy and numeracy skills of students across Australian schools.

The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement. Each student's level of achievement will be reported against the national minimum standard.

Student background information (student name, gender, date of birth, language background and Aboriginality) will be collected as part of the National Assessment Program. This information is treated confidentially and held securely to ensure that every student's right to privacy is maintained.

The NAPLAN tests will be conducted from 9-11 May, 2017.

Tuesday 9 May	Wednesday 10 May	Thursday 11 May	Friday 12 May
Language Conventions (Spelling, Punctuation and Grammar)	Reading Test	Numeracy Test	A 'catch-up' day scheduled for students who missed a test or were absent on a test day
Writing Test			

In the Numeracy tests students do not require any measuring tools such as rulers or protractors. In Years 7 and 9 there will be one Numeracy test with two parts: Part A calculator is allowed and Part B where calculators are not to be used. For the calculator test, the student should use the calculator that they currently use at school.

Students may be considered for exemption from the tests if they

- are newly arrived in Australia (less than one year before the test) and with a language background other than English, or
- have significant intellectual disability and/or significant co-existing conditions which severely limit their capacity to participate in the tests.

All other students are expected to participate in the tests. Disability adjustments which reflect the student's normal level of support in the classroom may be provided. Large print, Braille, coloured paper versions and electronic tests are available to meet the needs of individual students.

Access to disability adjustments or exemption from the tests must be discussed with Mr Paul Sheppard, Specialist Teacher, Learning & Enrichment Years 7, 9, 11 and a parent or carer consent form must be signed. Please email Mr Paul Sheppard on [psheppard@parra.catholic.edu.au](mailto:psheppard@parra.catholic.edu.au) to apply for adjustment or exemption.

Students may be withdrawn from NAPLAN by their parent or carer. This is a matter for consideration by parents in consultation with Mr Paul Sheppard. If you wish to withdraw your child from the tests, a parent or carer consent form must be signed. Please email Mr Paul Sheppard on [psheppard@parra.catholic.edu.au](mailto:psheppard@parra.catholic.edu.au) to apply for your child to be withdrawn.

Additional information about NAPLAN can be found at <http://www.nap.edu.au/naplan/parent-carer-support>



### **What is NAPLAN?**

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7 and 9. All students in these year levels are expected to participate in tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. All government and non-government education authorities have contributed to the development of NAPLAN materials.

### **Why do students do NAPLAN tests?**

NAPLAN is the measure through which governments, education authorities, schools, teachers and parents can determine whether or not young Australians are meeting important educational outcomes in literacy and numeracy. The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. They also provide schools, states and territories with information about how education programs are working and what areas need to be improved.

NAPLAN tests are one aspect of a school's assessment and reporting process; they do not replace the extensive ongoing assessments made by teachers about each student's performance.

### **What will be tested and how?**

NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. NAPLAN content is aligned with the Australian Curriculum. For more information on this, please see the NAP website:

[www.nap.edu.au](http://www.nap.edu.au)

Questions are multiple-choice or require a short written response. The writing task requires students to write a text in response to a prompt.

To give you an idea of what the tests look like, sample questions and a sample writing task are available on the NAP website.

### **Who will run the tests?**

NAPLAN tests are conducted at schools and administered by classroom teachers, school deputies or principals. Each state and territory is responsible for marking the tests in accordance with strict guidelines and processes.

### **How can I help my child prepare for the tests?**

NAPLAN assesses literacy and numeracy skills that students have already been learning through the school curriculum. Teachers will ensure students are familiar with the test formats and will provide appropriate support and guidance.

Help your child prepare for NAPLAN by reassuring them that NAPLAN tests are just one part of their school program, and reminding them on the day to simply try their best. The use of services by coaching providers is not recommended.

If you have any questions about your child's preparation for NAPLAN, you should make a time to speak with their teacher.

### **What additional support can schools provide for students with special needs?**

All students are encouraged to participate in NAPLAN tests. Students with disability may qualify for adjustments that reflect the support normally provided in the classroom. Students who have a temporary injury may also be reasonably accommodated.

A formal exemption may be granted for a student with significant intellectual disability and/or significant coexisting conditions, or for a student who has recently arrived in Australia and has a non-English speaking background.

Your school principal and your state testing authority can give you more information on special provisions or the process required to gain a formal exemption.

### How is NAPLAN performance measured?

NAPLAN is not a pass-or-fail type test. Individual student performance is shown on a national achievement scale for each test. Each test scale has 10 bands and all year levels are reported on the same scale. Six bands are reported for each year level for each test. One of these bands represents the national minimum standard for students at each year level. A result at the national minimum standard indicates that the student demonstrated the basic literacy and numeracy skills needed to participate fully in that year level. The performance of individual students can be compared to the average performance of all students in Australia.

### What happens if my child is absent from school on test days?

Where possible, schools will organise for individual students who are absent at the time of testing to complete missed tests at another time during the testing week. Individual students are not permitted to sit tests after Friday 12 May 2017.

### Will I receive a report on my child's performance?

A NAPLAN report will be issued by your school later in the year. The same report format is used for every student in Australia. The school will notify you when the reports are being sent to you. If you do not receive a report, you should contact the school. Individual student results are strictly confidential.

### How are NAPLAN test results used?

- Schools use results to identify strengths and weaknesses in teaching programs and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to help them better identify students who require greater challenges or additional support.
- The community can see average school NAPLAN results on the My School website: [www.myschool.edu.au](http://www.myschool.edu.au)

### Where can I get more information?

For more information about NAPLAN:

- visit the NAP website [www.nap.edu.au](http://www.nap.edu.au)
- contact your child's school
- contact your state or territory's education authority (details available on the NAP website).

For ACARA's privacy policy, go to:

[www.acara.edu.au/contact-us/privacy](http://www.acara.edu.au/contact-us/privacy)

### NAPLAN 2017 tests timetable

	Tuesday 9 May	Wednesday 10 May	Thursday 11 May
Year 3	language conventions 40 minutes writing 40 minutes	reading 45 minutes	numeracy 45 minutes
Year 5	language conventions 40 minutes writing 40 minutes	reading 50 minutes	numeracy 50 minutes
Year 7	language conventions 45 minutes writing 40 minutes	reading 65 minutes	numeracy 60 minutes
Year 9	language conventions 45 minutes writing 40 minutes	reading 65 minutes	numeracy 60 minutes

- Language conventions test includes spelling, grammar and punctuation.
- Numeracy test includes number and algebra; measurement and geometry; and statistics and probability.
- Calculators are **not** permitted in the numeracy test in Years 3 and 5. In Years 7 and 9, each student will sit one numeracy test. This test will have two parts: one where calculator use is permitted and one where it is not.



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[educationstandards.nsw.edu.au](http://educationstandards.nsw.edu.au)

Friday 28 April 2017

Our reference: D2017/34535

Dear Year 9 student

**Re: The HSC minimum standard for literacy and numeracy**

I wanted to assure each of you that you will have the opportunity to sit your HSC exams in 2020 regardless of your NAPLAN results this year. However, you will need to demonstrate a minimum standard of reading, writing and numeracy in order to be awarded your HSC certificate.

**New online reading, writing and numeracy tests**

You will have multiple opportunities to do this, by taking short online tests that specifically assess these skills. These online tests will take place online and at school. You will have two opportunities a year to pass them in Years 10, 11, and 12. You will also be able to take them for a few years after you leave school.

You don't have to pass all three tests at once. You and your teacher will decide when you are ready to attempt each test and if you pass a test you don't have to sit it again.

**What does Year 9 have to do with the HSC minimum standard?**

We know students learn at different rates. Your upcoming Year 9 NAPLAN tests are designed to provide you, your teachers and parents with valuable information about how your learning is progressing and if you need support.

If you do happen to achieve Band 8 or above NAPLAN results in all three areas this year, that means you are already achieving the minimum level of reading, writing and numeracy skills required to receive your HSC in 2020, so you won't have to do any of the online tests.

But the NSW Education Standards Authority expects that the majority of students will be sitting at least one of the online tests starting in Year 10.

So don't believe anyone who tells you that you can't get your HSC if you don't get Band 8s in NAPLAN this year. It's just not true. NAPLAN this year is just the first of a number of opportunities you will have to demonstrate the minimum standard.

**Why has the minimum standard been introduced?**

The HSC minimum standard is being introduced to help ensure that you leave school with basic literacy and numeracy skills for success in life, and that you will be able to communicate your ideas effectively in your HSC exams. Regardless of your plans beyond school, you will need adequate reading, writing and numeracy skills to make sure you can do things like:

- get a good deal on your mobile phone plan
- write a job application
- follow written instructions to operate equipment safely.

You can find more information available about this by:

- Visiting the NESA website for a video and flyers about the HSC minimum standard: [educationstandards.nsw.edu.au](http://educationstandards.nsw.edu.au)
- Trying some sample online reading, writing and numeracy test questions: [hsliteracynumeracy.nesa.nsw.edu.au](http://hsliteracynumeracy.nesa.nsw.edu.au)

I wish you well as you master these and other important skills for your future.

Yours sincerely

David de Carvalho  
**Chief Executive Officer**



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Friday 28 April 2017

Our reference: D2017/34639

## **HSC minimum standard: Message from NESA CEO to Year 9 parents**

I have written a [letter](#) to each and every Year 9 student in NSW to assure them that they will have the opportunity to sit their HSC exams in 2020 regardless of their NAPLAN results this year. However, they will need to demonstrate a minimum standard of reading, writing and numeracy to be awarded their HSC certificate.

### **New online reading, writing and numeracy tests**

There will be multiple opportunities for your child to do this, by taking short online tests that specifically assess these skills. Your child will decide with their teacher when they are ready to attempt each test. Once they pass a test they do not have to sit it again.

### **What does Year 9 have to do with the HSC minimum standard?**

We know students learn at different rates. The Year 9 NAPLAN tests are designed to provide you, your child and their teachers with valuable information about how your child's learning is progressing and if you need support.

If your child happens to achieve Band 8 or above NAPLAN results in all three areas this year, they have shown they are already achieving the standard required to receive their HSC in 2020. So, they won't have to do the online tests.

But, to be clear the NSW Education Standards Authority (NESA) expects that the majority of students will be sitting at least one of the online tests starting in Year 10.

### **Why has the HSC minimum standard been introduced?**

The HSC minimum standard is being introduced to help ensure that students leave school with basic literacy and numeracy skills for success in life, and the ability to communicate their ideas effectively in all their HCS exams.

I encourage you to read the [letter](#) I wrote to Year 9 students and discuss it with your child.

More information, a short video and flyers (in 14 community languages) are also on the NESA website: [educationstandards.nsw.edu.au](http://educationstandards.nsw.edu.au)

**David de Carvalho**  
**NESA Chief Executive Officer**

# HSC MINIMUM STANDARD

## ADVICE FOR 2017 YEAR 9 STUDENTS

March 2017

**In 2020, you are required to achieve a minimum standard of literacy and numeracy to receive your HSC.**



### PRACTICAL LITERACY AND NUMERACY SKILLS



Achieving the standard shows you, your parents and any future education and training providers and employers that you can do things like:

- ✓ follow instructions in equipment manuals
- ✓ write a job application
- ✓ calculate the quantity of materials to build a fence and prepare an invoice.

### MULTIPLE OPPORTUNITIES TO MEET THE STANDARD

A pass mark in new online reading, writing and numeracy tests will prove you have achieved the standard.



The tests will take place at your school and you can take them up to twice a year in:

- ✓ Year 10
- ✓ Year 11
- ✓ Year 12
- ✓ If you need to, you can even take them for up to five years after you start your first HSC course.

The tests will be available from next year when you are in Year 10.

Visit the demonstration site to see sample test questions:  
<https://hscliteracynumeracy.nesa.nsw.edu.au>

# Raising Healthy DIGITAL Teenagers

for parents | carers



**Mon 19 JUN 2017 | 6PM-8PM**

**WESTPOINT COMMUNITY ROOM**

**Level 4, Westpoint Centre, Blacktown 2148**

**FREE** PARENTS and CARERS ARE INVITED TO ATTEND THIS EVENING SEMINAR

**HOW TO RAISE HEALTHY DIGITAL (11-18 year olds) | TOPICS include:**

- ▶ CYBER ISSUE RELATING TO SOCIAL MEDIA
- ▶ DEALING WITH LOW SCHOOL ATTENDANCE DUE TO ALL NIGHT GAMING
- ▶ RAISING TEENAGERS IN A SEXUALISED SOCIETY
- ▶ SETTING POSITIVE & HEALTHY BOUNDARIES SURROUNDING USE OF TECHNOLOGY



**Seminar delivered by: COLLETT SMART**

**Program Status: OPEN**

Collett is a registered Child & Adolescent Psychologist who has been delivering seminars and working with families and young people in UK, USA and Australia for over 20 years.

Collett is well known in the media for her TV & Radio Interviews on the issues impacting families with children growing up in a digitally saturated society.

for more INFORMATION or TO BOOK - Contact JFDS on 9621 3933

**BOOKINGS ESSENTIAL**



- 📍 venue next to 'Playtime'
- 📍 with free 3 hour parking



## HOLY NAME OF MARY PARISH RYDALMERE

**KEEP  
CALM  
AND GO TO  
YOUTH  
GROUP**

**Attention Years 7 & 8 – HNoMYG is back!**

Holy Name of Mary Youth Group @ Rydalmere Parish

**Held on the 1<sup>st</sup> Saturday of each month**, in the Parish Hall (on Myrtle St, Rydalmere opposite the Church) following the 5.30pm vigil mass until 8pm.

Parents –it's a **free** night run by a parish team (all working with children checked) and involves a program of faith, fun and food. The parish subscribes to The Edge program (<http://lifeteen.com/cym/>).

If you have any questions please email Anne-Marie Hewkins ([ahewkins@yahoo.com](mailto:ahewkins@yahoo.com)) or contact Fr Peter in the Parish office.

## CTKALIVE presents PRESENCE

THE SACRAMENTS

**Sundays**

(during school term)

**7pm – 8:30pm**

**Years**

**9 – 12**

**CTK Parish Hall  
10 Statham Ave,  
North Rocks**

| 0434938312 |  
| [bradvergano@gmail.com](mailto:bradvergano@gmail.com) |



## CTKLIGHT THE CREED

FRIDAYS (DURING SCHOOL TERM)  
7PM – 8:30PM

**YEARS  
6 – 8**

**CHRIST THE  
KING**

**PARISH HALL**

**10 STATHAM AVE,  
NORTH ROCKS**

**DON'T BE A ROBOT**

**FIND OUT WHAT CATHOLICS  
REALLY THINK**

**FOR MORE INFO CONTACT BRAD  
[bradvergano@gmail.com](mailto:bradvergano@gmail.com)  
0434938312**





## **Come and join the 1st Ermington Scout Group**

The 1st Ermington Scout Group is now taking on any new members into all of our youth Sections.

**<http://www.ermingtonscouts.asn.au/>**

We welcome both Girls and Boys of a wide range of ages and provide fun, games, friendship, training, outdoors and other challenging experiences to encourage our members to do their best and prepare them for life.

**Joey Scouts (6-7 years old)**

**Cub Scouts (8-10)**

**Scouts (11-14)**

**Venturer Scouts (15-17)**

We can offer a free 4 week trial of our regular weekly meetings for any child or youth who is new to Scouting and is interested in joining our Group. For more information, contact us by visiting our website.

