



"Prima Primum" - First Things First

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19 March 2021

PRAYER

The Fourth week of Lent begins with the call to rejoice and to remember that God so loved the world that Jesus' life was sacrificed so that we might be reconciled to God. It is a moment of respite from the rigours of Lenten fasting and penance, a chance to catch our breath before the final push towards Holy Week, and a reminder of the joy that awaits us at Easter. Though there are many things in life that can bring us happiness, the fathers of the Church taught that true, lasting joy is found when we acknowledge and welcome God's presence in our lives (Psalm 16:11). As individuals and as a community one of the simplest ways we do this is through prayer.

Loving God, in the person of Jesus you humbled yourself to become like us, so that by following His example we might become more like you. As we prepare to celebrate the festival of your great love for us, open our eyes and hearts to the hurts of those around us, so that we might bring healing and hope to them, as Jesus' sacrifice does to us.

St Paul pray for us.
Blessed Edmund Rice, pray for us.
Live Jesus in our Hearts, forever.

COLLEGE PRINCIPAL

One of the riches of our faith is the great host of women and men that have gone before us, setting an example for us to follow. And though there are many remarkable stories of Saints and Martyrs that inspire us, it is the ordinary women and men who did the simple things in life with goodness that I find most inspiring.

This week the Church celebrates the Feast of St Joseph, who is most often described as the faithful Spouse of Our Lady. A man that is not celebrated for any great achievement or outstanding public sacrifice, but for his humility. Faced with the prospect that the woman to whom he is betrothed is already pregnant, Joseph sets aside his own pride and embraces Mary.

He protects and preserves the dignity of the woman that he loves and raises her child as his own. And it is this humble man that we take as the Patron Saint of all Fathers and of the Church.

In recent weeks our news has been filled with stories of women whose dignity has been assaulted - physically, verbally, institutionally and without remorse. And women who have had their suffering compounded by those who would question or blame them, or worse still, further insult and demean them. This week we gathered our young men together and invited them to consider the impact of the things they say and do, or hear other people say and do to women and girls, and to challenge what they know is not right. To challenge what does not respect and uphold their dignity. What was never right but was not always challenged as it should have been.

I am grateful to two young women from the Stella Maris community who have shared with us the impact that careless, callous and sometimes cruel comments from men have had on them, and on their sense of self. And we have challenged our student - your sons - to consider this not just from the point of view of their sister, or their mother, but from the position that every woman, every person, is one made in the image and likeness of God. Challenged them to be men like Saint Joseph who will preserve the dignity of women by their own actions and act to protect them by raising their voice when the actions of others offend, insult or demean women. To be men who will use their strength for good.



~~SHE'S SOMEONE'S~~
~~SISTER/MOTHER/~~
~~DAUGHTER/WIFE~~



Congratulations Finlay Miller of Year 11 who last weekend represented Freshwater SLSC at the State Championships held at Swansea. Together with his partner, Finlay took out GOLD in the Under 17s First Aid Competition. Finlay will now represent Surf Life Saving NSW at the National Championships.



God bless,

Mr Michael Reid
College Principal

COLLEGE CALENDAR 2021

For 2021 school dates please refer to the Google Calendar



Please check out the College on Social Media on Facebook:

<https://www.facebook.com/stpaulscatholiccollegemanly>

ASSISTANT PRINCIPAL

As the last newsletter was being sent out, we were just finishing the College Swimming Carnival and as we hoped the weather was kind to us. The boys really got in the spirit of the day with their House colours and participated well. It was a quiet carnival as we were still under the COVID public health order for no chanting. Since then, the College has been represented at the Broken Bay carnival and the boys swam well to finish in third place. An outstanding effort by Lachlan Hendriks in Year 7 who finished the day as Age Champion for the under 13s. Good luck to Lachlan as he represents Broken Bay at the CCC Carnival.

This week our Year 9 cohort has embarked on their camp and it wouldn't be a true Year 9 camp without rain. I am sure that the boys will have had a great time and many thanks to the staff who have given of their time away from families to attend the camp.

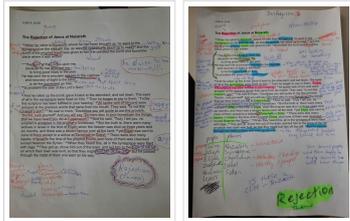
On Thursday we held a College Assembly to acknowledge International Women's Day, National Day of Action against Bullying and Violence and Harmony Day. The assembly was to re-enforce the message to the boys that what they say can have an impact on someone – even when they think it's 'banter'. Many times, words are used in the moment and whilst may not seem to have an effect it is these words that can have a long-lasting effect. In next week's COURAGE lesson, the boys will have a follow up lesson with their Pastoral Care teachers about the message.

As we move more and more of the daily organisation on the Compass portal it is imperative that all parents and students are accessing it. The portal has attendance information, excursion information, curriculum notices (including results and reports), information regarding merits and demerits and other daily notices. Therefore, if you are experiencing difficulties with access, please contact the College reception.

Ms Karen Shawcross
Assistant Principal

DIRECTOR OF RELIGIOUS EDUCATION

Schools are very busy places especially coming to the end of Term. There are several assessments coming up for which the boys will need to work hard and put plenty of effort in. The Year 8 students have been really challenged by being asked to write an exegesis for a piece of scripture. This is normally a very rigorous examination of scripture that tries to interpret the scripture using historical and cultural contexts. As hard as this task is, the boys have been really applying themselves in class in preparation for the written task. See the notes that two boys made in one class. This is a wonderful effort, especially as Year 8 are also preparing to enact the Stations of the Cross on Holy Thursday for the whole school celebrations.



The Year 11, 2 Unit Studies of Religion have been treated to a couple of special classes by Helen Smith, one of the State's foremost experts on Studies of Religion. This should give them a handy step up for the start of their unit on Judaism. The only complaint was the music was too loud for the clip they watched!

Year 10 had their Reflection Day with Mr Chris Doyle and were treated to an outstanding day of spirituality, fun, music, jokes and Mr Reid singing an INXS song. Next week the Year 12 students will be on Retreat for three days away at Camp Kedron. This was due to occur last year, but a little something called COVID forced a postponement. It is normally a highlight of Year 12 for the boys, so we look forward to then.

For any mothers who would like to still attend the Feast of the Annunciation Liturgy and Morning Tea at 9.30am on Thursday March 25, please contact the College Office on 9977 5111

Mr Steven Callow
Director of Religious Education

DIRECTOR OF TEACHING AND LEARNING

Teachers of students in Years 7 – 11 are currently preparing Interim Reports for their students. These reports will be available to you in Week 10 and will provide a snapshot of the approaches to learning of each student in each subject. This report gives parents/caregivers and their sons' a timely opportunity to reflect on individual learning and application. I encourage parents and caregivers to contact relevant Teachers if they wish to discuss their son's progress.

Next Term NAPLAN assessment for students in Years 7 and 9 will be reintroduced after a break in 2020 due to COVID.

NAPLAN is a point-in-time assessment that allows parents to see how their child is progressing in literacy and numeracy against the national standard and compared with their peers

throughout Australia. At the classroom level, NAPLAN provides additional information to support Teachers' professional judgement about student progress. (Retrieved from <https://www.nap.edu.au> on 17 March 2021).

NAPLAN assessment will be ONLINE in 2021. All Year 7 and Year 9 students will require an installed lockdown browser to engage with the tests. Instructions on how to do this will be issued to parents via COMPASS. I ask that students and parents ensure that the lockdown browser is installed by Tuesday 23rd March.

All Year 7 students will sit practice NAPLAN tests Wednesday and Thursday, and Year 9 students will do so on Tuesday and Thursday. This provides an opportunity for all students to familiarise themselves with the online platform in readiness for the formal NAPLAN assessment scheduled for St Paul's between 11th and 14th May 2021.

Mrs Trish McGregor
Director of Teaching and Learning

DIRECTOR OF STUDENT WELLBEING FOR LEARNING



ACCESS TO MENTAL HEALTH SESSION WHEREVER YOU ARE

Sessions for:

- High School Students - Insights and Biteback
- Parents and Carers - *Navigating your Teens Mental Health*
- Adults - What is Depression?



National Day of Action against Bullying and Violence

<https://bullyingnoway.gov.au/>

During Pastoral Care today our students were reminded how to be 'Step Up' and support a peer who may be experiencing bullying. It is important that we consistently remind the young men of the community, and also ourselves, that it is our calling to 'Step Up' and not be a bystander. We all have a voice let us support one another in enabling their voice to be heard and protect their dignity and respect all.

Skills and advice - tips for managing online challenges

More often than not at the end of any school Term, and in particular Term 1, students are beginning to feel a little stressed, anxious and tired. Stressed, because there are Assessments that they have been working on now due to be submitted and/or exams that are to be completed in class. Tired, because of a multitude of things stress, time management, catching up on

work that they may have fallen behind in, personal challenges in their life. Students experiencing these feelings are often starting to change a little and disengage in several areas of their life. They retreat to their bedrooms or to the study for hours on end informing you they are completing Assessments and school work because they have so much of it.

It is a good idea to check in on them and their progress. This may look like, leaving the door open and ensuring that the screen is visible from the door so you can see exactly what he is engaging with online and that the mobile phone is not accessible as a distraction whilst studying when you walk past the door.

There has been a slight increase in the number of students who are using gaming as a 'time out' and relaxation strategy. Like most things in life, moderation is the key. Gaming is also becoming not just a distraction but a method of procrastination and can result in increased anxiety and even less sleep.

Signs that your son's online activity may be negatively impacting on their development and/or on your family include:

- less interest in social activities (meeting friends, fishing, sport)
- not doing so well at school
- tiredness, sleep disturbance, headaches, eye strain
- changes in eating patterns
- reduced personal hygiene
- obsession with particular websites or games
- anger when being asked to take a break from online activity
- appearing anxious or irritable when away from the computer
- becoming withdrawn from friends and family

This year I have noticed that procrastination in the form of online gaming is more prevalent. It can be challenging working with adolescents encouraging them to look away from the screen especially if the outcome of the discussion is unpredictable at best in the home.

To assist you in further developing your skills and to obtain additional information and advice related to managing your son's online activity below is a link to the eSafety website and some other parenting platforms for you to invest some time in exploring a variety of ways in which to discuss with your son his online activity.

<https://www.esafety.gov.au/parents>

<https://raisingchildren.net.au/teens/entertainment-technology>

<https://parents.au.reachout.com/skills-to-build/wellbeing/technology-and-teenagers>

Ms Angela Bowland
Director of Student Wellbeing for Learning

COLLEGE COUNSELLORS

The mark of true leadership, whether for adults or young people, is the willingness to take responsibility and be accountable for your actions.

PARENTING IDEAS

This school has a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents and carers in this school community can attend webinars at no cost. Hear from the experts from the comfort of your own home. Enjoy this exclusive benefit by redeeming online today.

Mrs Mary Thomas (Monday Week A, Tuesday, Wednesday)
Ms Kelly Grlyak (Thursday, Friday)
Counsellors

CAREERS

For our College Careers Newsletter and to subscribe to our careers email alerts of further and higher education provider open days and events, please follow the link below:

<https://stpaulsmanlycareers.com/?page=calendar-of-events>

Mr Dale Casburn
Leader of Post School Options

COLLEGE NOTICEBOARD

This notice is from the Australian Government Department of Education, Skills and Employment Collection Notice for parents/guardians.

It is important that if you have changed your residential address recently you must notify the College Office immediately please on 9977 5111 or email stpauls@dbb.catholic.edu.au

YOUTH MINISTRY AND SOCIAL JUSTICE NEWS

Year 10 Reflection Day
Some thoughts from the Year 10 Leaders

Finn O'Brien

Year 10 Moran House Leader



The year 10 Reflection Day has had a positive impact on us as a group at this stage of High. It reminded us to be grateful for all of the privileges that we have in life. Chris Doyle, the man, he came and helped us with through the day. He told us that "every decision that we make will impact our future, so we need to make them good ones". What he said made us all think about

what we can do to have a better future. A big part of this is about our decision making.

Sonny Harper

Year 10 Gilroy House Leader



Year 10 boys had a great laugh and learnt many things during our Reflection Day. We sang songs, broke down barriers to closeness and felt more together than ever. We even had a good feed of pizza and a juice box, a nice way of coming together as one big group of friends while having heaps of fun. The effect it had on us was awesome. Chris was a very genuine and

happy person and we learnt so much from his humorous jokes to his life lessons and stories he had to share. One big take away from him is how happy he's been through kids and 29 years of marriage and how loving and loyal he is to his wife. Something that many of us aspire toward – happiness and fulfilment.

Lochlan Fitzgibbon

Year 10 Taylor House Leader



The Year 10 Reflection Day was a great day to get closer with our friends, but also those who don't spend a lot of time with. The day was also great because it was an opportunity to help release stress because we are in the middle of our assessment period. A key learning from the day was how our decisions now will affect us in the future – such as the keys to a happy

marriage, how to be happy in ourselves and how to respect others.

Harry Larcos

Year 10 Bourke House Leader



Chris Doyle's visit to Year 10 was very much appreciated by the group. He helped our year group by showing us how lucky we are to have what we have in our lives. He also explained how in life we all have to make good and bad choices and the consequences of those choices. Overall, I can speak for the group by saying it was a very fun day where we all had things to take

away from important life lessons, and those will stick with us forever.



RUA

Last week students attended the annual RUA (Respect, Understanding and Acceptance) with students of other faiths in the lead up to Harmony Week. The day is dedicated to combating racism through educational workshops led by students.

Well done to Year 9 students who were outstanding ambassadors for the College.



PROJECT COMPASSION 2021 – “BE MORE”

Thanks to the many efforts of the Pastoral Care Teachers and students, we have already raised more than half our goal. Please give generously to Project Compassion this Lent at the link below.

<https://lent.caritas.org.au/st-pauls-catholic-college>

ALL WELCOME!
YOUTH MASS
3RD SUNDAY
21 MARCH
ST MARY'S MANLY
@ 6PM



 @Manly Freshwater Catholic Youth
 @manly.freshwater_catholicyouth

Youth Group

St Mary's Manly
21-3-2021

 Cnr of Denison & Raglan Street
 3rd Sunday of each month
 7:00pm - 8:30pm
 Free dinner provided
 Year 7+

 For more info, contact
Parish Office (9977 5822)



Ms Joanne Kalayzich
Youth Ministry Coordinator

YEAR 8 TECHNOLOGY

Continuing with their study of milk and the Australian Dairy Industry, Year 8 Technology students this week made their own fresh Ricotta Cheese. The boys experimented with regular cow's milk, Unhomogenised Jersey Milk as well as High Protein milk varieties. The results demonstrated the differences in yield according to percentages of protein and fat in each of the milk varieties. They also now have a better understanding of 'Little Miss Muffet' and why she was eating 'curds and whey'. We are incredibly impressed with the Year 8 students understanding of the factors affecting the coagulation of protein and the ability to temperature control their milk in order to successfully make

ricotta cheese. In subsequent lessons they turned their fresh ricotta into 'Spinach and Ricotta Triangles'.



Ms Catherine Winter
Leader of Learning Technologies

SPORT

Rugby Union

St Paul's 1st XV Rugby Union began their season on Monday 15th March with an away trip to Oakhill, unfortunately they were defeated by a stronger team. Over the next few weeks, the team will play several games against other schools including St Augustine's 1st XV and St Pius 1st XV and then in Term 2 participate in the Peninsula Cup Competition.



St Paul's Swimming Carnival

A wonderful was had by all students and staff at Manly 'Boy' Charlton Pool. Congratulations to the champion house – Moran. A big thank you to all our staff and students who all played their part in making it successful.



BBSSSA Swimming Carnival

The St Paul's Swimming Team finished third at the Broken Bay Swimming Championships at Homebush.

Congratulations to Lachlan Hendriks in Year 7 for winning the U13s Age Champion.

Well done to all our team members for giving their best and showing great sportsmanship

BBSSSA Rugby League Trials

On Wednesday 3rd March eleven St Paul's students travelled up to the Central Coast to participate in the BBSSSA Rugby League trials.

In a very competitive field St Paul's had six students selected to represent BBSSSA. Congratulations to all those that trialed with a special mention to those that gained selection:

- U15s - Dylan Cahill and Finau Tuionetoa
- Opens - Patrick Ell, Brad Fountain, Oscar Palin and Savelio Tamale



Thursday Sport

Year 8 students paddled their way across to Stores Beach from Manly Cove, and all within sight of the College.



Our Year 8 students were being taught basic Muay Thai skills in Thursday sport this week.

This included learning a variety of punches, front and side kicks, as well as the use of elbows and knees, which is what makes Muay Thai stand apart from Kickboxing.



Years 9 and 10 students had a successful day catching fish at Narrabeen Lakes



All sport enquiries, please contact me at timothy.emmerson@dbb.catholic.edu.au

BBSSSA Sport Link

Broken Bay Secondary Schools Sport Association link:

<https://www.brokenbaysport.org.au/secondary>

Mr Tim Emmerson
Leader of Sport

HOMEWORK CLUB

The Homework Club is run after school each Monday and will be held in classroom S22 until 4.30pm. Students are welcome to bring any work that they may need assistance with.

Mr Ben Arthurs
Leader of Diverse Learning

2021 MOSMAN YOUTH ART PRIZE

Entries for the 2021 Mosman Youth Art Prize are now open.

This long running art prize is open to artists aged 12-21 (excluding primary school students) working in a variety of media including: painting, sculpture, drawing, printmaking, video, photography and ceramics. Finalists will be included in the Prize exhibition which will take place 8 May – 6 June at Mosman Art Gallery. The 2021 Prize judge is Sydney artist Abdul Abdullah.

All entries must be delivered to the Gallery on Tuesday 27 April, 8.30am to 6:00pm. An online entry form must be submitted prior to the artwork receipting day. Maximum of one entry per artist.

For more information and to read the Terms & Conditions and FAQs please visit our website;

<http://mosmanartgallery.org.au/events/2021-mosman-youth-art-prize-entries-now-open>

If you have any questions, please do not hesitate to contact Mr Edmunds or Mr Walker here at the College.

Mr Luke Edmunds
Leader of Learning Creative and Performing Arts

LOST PROPERTY

Lost property is located at the College Reception in the Cardinal's Palace. If your son is missing any item(s) please ask him to check with the College Receptionist to determine whether it may have been handed in.

Please label your son's uniform items. Uniforms are expensive and when they have no identification, we cannot return them to the owner.

If your son has outgrown his school uniform please consider donating any item in good condition, particularly senior uniform grey shorts, trousers and blazers – this has proven to be a very helpful solution to many boys experiencing wardrobe 'malfunctions' during the course of the school day and is a great way to recycle and reduce landfill.

The College ties are always very welcome as these are often misplaced by the boys.

PARENT LIAISON GROUP

If you are interested in being more involved with St Paul's and the Parent Liaison Group, you are very welcome. If you have any feedback or questions, please feel free to email us at plgspcc@gmail.com

Mrs Michal Brenchley and Mrs Leisa Cannon
Parent Liaison Group

CANTEEN

As well as cash, the online Flexischools ordering and payment service will be available for ordering in 2021.

To register, please follow the instructions available at the following Url,

<http://www.flexischools.com.au/>

Cut off time for lunch orders via Flexischools is 9:30am

EFTPOS is available.

We welcome new ideas and initiatives and work hard to accommodate requests.

Special dietary requirements are available on request: gluten free, dairy free, halal, vegetarian, vegan, and nut free can be catered for.

Tania and Teresa
Yummy Bears Kiosk

SCHOOL UNIFORMS

Uniforms may be purchased from Pickles at 43 Carter Street, Brookvale. Phone number 9905 2711

FOLLOW US ON SOCIAL MEDIA

Are you following us on social media? Important communication will continue to be emailed, posted, and placed in the newsletter but social media is another way to keep up to date with the happenings here at St Paul's.

FACEBOOK: @stpaulscatholiccollegemanly
INSTAGRAM: spcc_manly

If you have concerns about your son appearing on social media, please alert the College immediately.

BROKEN BAY NEWS

Broken Bay News monthly publications are available via this link:

<https://www.bbcatholic.org.au/news-events/broken-bay-news/broken-bay-news-editions>

PLEASE BOOKMARK THESE LINKS FOR FUTURE REFERENCE

College Website:	www.stpaulsmanly.nsw.edu.au
Enrolments email	enrolments@dbb.catholic.edu.au
Student achievements email:	stpauls@dbb.catholic.edu.au