



"Prima Primum" - First Things First

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5 March 2021

PRAYER

The Second Week of Lent begins with our Scripture readings speaking of sacrifice. Abraham is asked to sacrifice his cherished son Isaac, born to he and Sarah in their old age. Abraham's story reminds us that sacrifice is much more than giving up a small portion of the abundance that God has blessed us with. It is more than donating to Project Compassion or giving up caffeine or television for forty days.

When a mother who has worked all day stays up all night to care for a sick child, that is a sacrifice. And when a teacher spends their whole evening giving feedback on their student's work so that they can focus on the students themselves in class tomorrow, that is a sacrifice.

Both Abraham's binding of his son and Jesus' humiliation, pain and suffering for our sake set a very challenging example for us, but in each story the grace of God gives us hope. Abraham's son is restored to him and Jesus' resurrection promises that we will be restored to our Heavenly Father, if we first give ourselves to God.

Lord Jesus, we give thanks for your ultimate act of self-sacrificial love,
Strengthen in us the willingness to give of ourselves for the good of others
without thought of reward and without counting the cost.

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

COLLEGE PRINCIPAL

Two years ago a colleague Principal that works in an Edmund Rice school shared with me an article from the National Catholic Reporter (an independent Catholic magazine in the U.S.) titled, 'What Does it Mean to be a Father to a Son in the Age of #MeToo?' It is a simple and honest reflection from a Dad whose

heartfelt desire is to raise a good young man about whom nobody would ever have cause to say that he had made them feel anything less than they were; a human person, loved by God and worthy of respect. The question the author asked himself is 'How do I raise a son in today's world?' In light of the news of recent weeks about the alleged behaviour of boys in prestigious all male schools, and even in men in our parliament, that has treated women as less than what they are - individuals with an equal and inherent dignity - it is worth sharing here.

How do I raise a son in today's world?'

"The answer to this question is personal for each father. But I do think there are universal things parents can teach, especially fathers to sons, about consent, responsibility and honouring the dignity of the other. In a culture where growing boys are bombarded with salacious advertising and easily accessible lewd material, and where dehumanising banter is written off as locker room talk, the only choice is for fathers — and other male role models — to teach their sons to navigate these arenas with vulnerability, virtue and courage.

The #MeToo movement is... a wake-up call to fathers, telling them that side comments about a woman's body and laughter at crude jokes among men don't exist in a vacuum. Our sons are next to us, listening to us and ultimately being socialised by our reaction to what appears innocent, but we know is not.

For me personally, the answer to the question of how one raises a son in this new age first starts with an examination of my own ideas of manhood. Or more specifically, asking in which ways I see machismo as courage, manipulation as kindness, and power as leadership. There is no doubt that there are some in positions of influence who mistake those to the detriment of the institutions they serve and the people in their care.

In truth, I wish I could hold my son on my chest forever in the early hours of the morning [as I did when he was new-born]. There I can protect him from things that threaten to destroy his innocence. But I know I can't, so the next best thing is to equip him with tools that will help him navigate whatever comes. The hard part is ensuring the tools I give him come from both a place of strength and from an acknowledgement of my brokenness.

St Francis de Sales, the gentleman saint, says, "Nothing is so strong as gentleness and nothing is so gentle as true strength." He knew that manhood, at its core, is a great paradox. That in humility is courage, in compassion is strength, and in service is leadership. With God's help, may we raise men who live this paradox well, who don't separate virtue from desire, and who seek God in their brokenness."

(Christian Mocek, National Catholic Reporter, May 17, 2018)

I share this reflection with you not as a criticism of the job any of our fathers are doing but to reassure you that none of us is an expert in this. We are all finding our way with our own sons, as I am with mine. But there are two things I know for certain. Parenting them is the most important job I will ever have. And the greatest thing that I will ever do for my children is to love and respect their mother. No matter how tall they get, our sons will always look up to us and it is from us that they will learn to be men.

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>

OPEN DAY EXPO 2021



ASSISTANT PRINCIPAL

Congratulations to the St Paul's community for a fantastic Week 5. We had a great week with the Year 3 Day on Tuesday followed by our Open Day Expo on Wednesday. Many thanks for your support of these events, both were extremely successful and would not have been possible without the assistance of your son. Our Year 3 students were able to experience classes such as Science, Food Technology, Visual Art, Music, COURAGE and Timber (bridge building).



This week we have been blessed with good weather for the start of Autumn and the College Swimming Carnival today. The spirit of the carnival was evident with the participation and the House colours visible.





A reminder to all parents to ensure that they have logged on to Compass. All messages and news items are posted to the site and are updated regularly. This includes all excursions, attendance, reports, merits and demerits. If you are having difficulties with accessing the portal, please contact College reception on 9977 5111. Students are also reminded to regularly check Compass for notifications and other news items.

Ms Karen Shawcross
Assistant Principal

DIRECTOR OF RELIGIOUS EDUCATION

Project Compassion

Our Project Compassion has got off to a spectacular start with \$1,600 in just seven days. Thank you to everyone who has contributed so far. Let them be the inspiration to other. It reminds me of the idea of the saints next door. The people who do something wonderful for their neighbour rather than for themselves.

Pope Francis wrote in Gaudete et Exsultate:

"If I encounter a person sleeping outdoors on a cold night, I can view him or her as an annoyance, an idler, an obstacle in my path, a troubling sight, a problem for politicians to sort out, or even a piece of refuse cluttering a public space. Or I can respond with faith and charity and see in this person a human being with a dignity identical to my own, a creature infinitely loved by the Father, an image of God, a brother or sister redeemed by Jesus Christ. That is what it is to be a Christian! Can holiness somehow be understood apart from this lively recognition of the dignity of each human being?"

Let us see the dignity in those who need our support and act in faith and charity.

Mr Steven Callow
Director of Religious Education

DIRECTOR OF TEACHING AND LEARNING

As we progress into the second half of Term 1, the busyness of school life is apparent. Assessment tasks, ongoing portfolio work and major works, along with sporting and social

commitments can contribute not just to student stress levels but can also have an impact at home. The staff at St Paul's are supportive of a well-rounded education where all facets of life contribute to the academic, social, and emotional growth of our students. Communication between home and school is always important, but it is particularly important if stress levels begin to mount.

I encourage all students to ensure their organisation is such that they have planned out the remainder of Term 1, so that the due dates of assessments are well documented and that the preparation for, and completion of, set tasks does not become burdensome, but is in fact an opportunity to demonstrate learning growth and accomplishment of given outcomes. The earlier this becomes a normal part of any student's routine, the better equipped each student and their family will be in traversing the demands of the school year. I encourage students and parents to reach out to their pastoral and classroom teachers for any support that is needed.

One of the key components of the NESA Teaching Standards is knowing your student. Our staff have spent considerable time over the last few weeks analysing report, NAPLAN and PAT data. While the NAPLAN data is a little dated given there was no 2020 testing, we are looking forward to the Term 2 testing period so that we can gain more insight to the needs of every student at the College. The commitment by St Paul's staff to know each student, their learning and personal needs and to support them in their growth at the College, underpins our teaching and learning strategies.

The first of our Parent/Teacher/Student Interviews was conducted on Monday with our Year 12 students. By all accounts the online ZOOM conferencing was successful. The opportunity to meet virtually with our students and their families provided the appropriate forum to discuss each student's status in terms of Higher School Certificate readiness. I encourage all students to take onboard the feedback from their teachers, and to challenge themselves to meet the high standards set for them by their teachers and their families.

The recent Open Day Expo highlighted the dedication of both teachers and students to the ongoing success of the College. The feedback from current and prospective parents was that the booth presentations and student engagement was authentic and indicative of the sense of pride that the staff and students have in their College. We continue to challenge ourselves and our students to be the best we can.

Mrs Trish McGregor
Director of Teaching and Learning

DIRECTOR OF STUDENT WELLBEING FOR LEARNING

At St Paul's the possession, supply or use of a suspected illegal substance, restricted substances are prohibited both on site and at school events. If a student is involved in activities as stated above they will be placed on a Behaviour Level 5 – Serious Concern and be managed according to the Behaviour Support Policy that is located on the College website with all of our College Policies .

Over the weekend Paul Dillon, who has been working in the area of drug education for more than 25 years published this article *Teens and cannabis: Can you stop them using if that's what they want to do, and if not, how can you best deal with the situation?* The article provides insights into the experiences of others and also suggestions on how this challenge could be navigated.

In 2020 Paul Dillon published the following article on vaping. You would be aware of just how difficult it is to find useful and accurate information. This article may assist you in becoming more knowledgeable about current information related to vaping. *Vaping: Sorting out 'fact from fiction' for those parents struggling with the issue*

Ms Angela Bowland
Director of Student Wellbeing for Learning

COLLEGE COUNSELLORS

Getting the right ZZZZZ

As a School Counsellor I often hear common concerns coming from young men, one of the biggest concerns is around sleep. Just when the school Term starts, they may struggle to fall asleep when going to bed, struggle to stay asleep and feel tired throughout the day. Their body may feel like they are experiencing jet lag. I often relate this back to holiday sleep patterns and the body getting used to the new desired sleep pattern. My tip when returning to school is normally try and use the last week of the holidays to prepare for return to school (There is always the next school holidays).

Throughout the Term many young men often continue to struggle with sleep. A study in 2019 found that a quarter of students 12-13 year old and half of 16-17 year old are not meeting minimum sleep guidelines. Young men who have insufficient sleep have been linked to poorer mental and physical health, impacting mood, decision making, social issues or lower academic performance. When it comes to teen years, the body may need more sleep than an adult would. The amount of sleep required per 24 hours reduces as one ages, about 8-10 hours is recommended for teenagers (Hirshkowitz et al., 2015).

Did you know that sleep has been proven to allow your body to rest and your brain to process the day's information? At the same time, as a teenager is sleeping their glands release chemicals like growth hormone, which get to work growing and repairing the body. A subtle biological shift in sleep patterns occurs during puberty (Owens et al., 2014).

How Much sleep should a teenage boy be getting?

A teenage boy should have from 8 to 10 hours of uninterrupted sleep. Consistent bed and wake up times are recommended. Some young men need as little as seven hours sleep and others describe needing up to eleven hours.

Tips to help get a better sleep.

- **Assess your sleep hygiene:** Ask yourself "Are you getting enough sleep?" "What are you currently doing that helps you to fall asleep?" "What are you doing

that may be interfering with getting a good night sleep?"

- **Prepare daily wake up time:** Ask yourself "What time do I need to wake up for school each morning?" Try setting an alarm before bed to help you to wake up on time.
- **Get active during the day:** This will help your body get tired when you go to bed. Try and do at least 30 minutes of activity each day.
- **Pack your bag for the next school day:** Organisation may help not to feel rushed the next day, try packing your bag for school the night before.
- **Make sure you have a comfortable sleeping space:** Ask yourself "Is my pillow comfortable?" "Do I have enough sheets?" "Is the temperature okay for sleeping?"
- **Set up a regular sleep schedule try to go to sleep and wake up at the same time every day:** Remember on average a teenage boy requires 8 to 10 hours worth of sleep.
- **Separate screen time from bedtime:** Try not to use your phone 30 to 60 minutes before bed.
- **Put electronics (laptop/phone) at a charging bay in another room or on the other side of your bedroom:** Try putting your phone on silent or aeroplane mode each night so you don't get woken up.
- **Consider learning a relaxation technique to use before bed:** Have a bath/shower, read a book, drink some camomile tea, listen to meditation or calming music. Find something that helps you wind down in readiness for sleep.
- **Avoid having any food or drink that contains caffeine after dinnertime:** This includes coffee, some types of tea, cola drinks and chocolate.
- **If you have racing thoughts** and this is making it difficult to go to sleep, try writing down your thoughts on a piece of paper and addressing them when you get up.
- **If there is something on your mind that stops you from getting a good night sleep** try talking to someone about it during the next day. Speak to a friend, parent, trusted Teacher or School Counsellor.

If you are struggling to get to sleep and would like more support, please talk to your GP.

Ms Kelly Grylak
Counsellor

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
Counsellor

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



ENROLLING NOW
FOR 2022 & 2023



stpaulsmanly.nsw.edu.au Safe | Supportive | Successful

YOUTH MINISTRY AND SOCIAL JUSTICE NEWS

PROJECT COMPASSION 2021 – “BE MORE”

By giving what you can this Lent, you will help transform the lives of people around the world. This week students learnt about the plight of Margaret, a deaf teacher from the Solomon Islands who survived water shortages for six months of the year before surviving through devastating cyclones amidst the fear of COVID-19.

Thanks to the many efforts of PC teachers and students, we have already raised more than half our goal. Please give generously to Project Compassion this Lent

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



Caritas AUSTRALIA PROJECT COMPASSION STORES SCHOOLS PARISHES FUNDRAISERS DONATE LOGIN

St Paul's Catholic College

\$1,632.35 raised of our \$3,000.00 goal

DONATE TO ST PAUL'S CATHOLIC COLLEGE

1 2 3

\$20 \$70 \$160 \$500 \$ Other

WHY WE'RE DOING IT

Around the world, people are coming together to make the world a better place. Whether it is ensuring everyone has access to clean, safe water supplies or a sustainable income source or adequate health care for their families, I am going to join the movement too. Please donate and help provide hope for a better future. Let's go further, together.

Counting in Australian Dollars

Ms Joanne Kalayzich
Youth Ministry Coordinator

JAPANESE

March 3rd is a special date in Japan as it known as Hinamatsuri. This is a festival for Girls. On this day people pray for the health and happiness of girls. Today, students in Year 9 celebrated this day by making an origami Hina doll and eating Chirashizushi. A specialty dish for this occasion which is a type of sushi. This is rice with a variety of vegetables and seafood arranged on top. We practiced Japanese dining etiquette using chopsticks and sitting on our tatami mats in the Japanese classroom and saying itadakimasu before we ate. We would like to thank Kaz the chef at Waka restaurant in Manly for providing us with such a delicious feast.





Mrs Amanda Kibby
Leader of Learning languages

YEAR 8 TECHNOLOGY

This Term our Year 8 Technology students have started a unit on Agriculture and Food. More specifically they have been studying the Australian Dairy Industry and this week they were required to analyse the wide range of milks available through blind taste testing. They used their senses to decide which type of milk they were tasting, from the lists provided. They tried soy, high protein, almond, organic, skim, reduced fat and rice milk and regular milk.

Next week they will start learning about the chemical properties of milk, creating curds and whey to produce ricotta cheese.



YEAR 11 HOSPITALITY

Year 11 Hospitality have had a very busy start to the year preparing supper for the Year 7 Parents Meet and Greet evening as well as preparing food for our College Day Expo. They have already demonstrated exceptional food preparation, communication and teamwork skills in this very short time. I look forward to seeing these boys progress throughout the year considering the high standards they have already established.



Mrs Catherine Winter
Leader of Learning Technologies

SPORT

RUGBY UNION

Our College 1st XV students training early in the morning at Queenscliff Beach and preparing for upcoming fixtures against St Augustine's College, Oakhill College and St Pius X College.

Keep up your hard work boys and good luck!



THURSDAY SPORT

Our Year 8 students participated in Kayaking in Manly during Thursday afternoon sport last week. The boys enjoyed paddling over to Store Beach, where they then had some free time to swim, before returning to Manly Wharf.

We were lucky enough for the weather to hold out for us, despite an earlier thunderstorm. How lucky our students are to be able to experience such a wonderful activity for regular school sport!



Our Year 7 students had tremendous fun riding the waves at Manly Beach for sport this afternoon during Surf Survival.



AFL

St Paul's U14s Australian Rules Football team had a terrific start to the season at Frank Gray Oval in Curl Curl, with a strong win against St Luke's Grammar School, and a hard-fought loss to Oxford Falls Grammar.

This is even more impressive given that the boys have not played together before, and many had never competitively sunk their toe into AFL leather. Well done lads.



Thursday Sport

Please find below arrangements for Thursday Sport in Term 1:

Year 9 and Year 10 sport selections are displayed at the Sports Office.

NSWCCC Sport Registrations

NSWCCC Sport Registrations 2021 for pathway sports open on 1st February

Registrations are via the CSNSW.sport portal. For instructions on how to register go to –

Guide For Parents – Sport Registrations >>

Term 1 Individual Nominations Sport Registrations:

- Water Polo – Closes 11 March
- Hockey – Closes 15 March
- Diving – Closes 19 March

Swimming and Touch Football registrations are through the Diocesan/Association pathways.

For further information, go to the CSNSW Sport website Sport pages.

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

BBSSA 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:pm. An online entry form must be submitted prior to the artwork receiving 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, 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

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| College Website: | www.stpaulsmanly.nsw.edu.au |
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