



"Prima Primum" – First Things First

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25 June 2021

PRAYER

This week the College celebrates the Feast of our Patron, St Paul, regarded by some as the second founder of the Christian faith, it is from Paul's writings that our earliest understanding of what it means to be a Church comes. We are not just a community with shared beliefs, we are a **communion**, a living body with Christ at its head. Yet St Paul did not assume the leadership of the early Church, nor was he its primary teacher. This role fell to St Peter, with whom St Paul shares this feast day.

In very simple terms, Peter served as a unifying figure for the early Church. By the end of the first century the Church was formed by people of many cultures and languages. These cultural differences were expressed in their prayer and liturgy, but they were united in one faith. This is what is meant by Catholic (inclusive-universal). Paul on the other hand, served as the missionary apostle, spreading the Good News of God's unconditional, saving love for all, and welcoming them into the growing Church. This is what we mean when we call the Church Apostolic.

Today the Church continues to unite around the chair of Peter in the figure of the Pope, the bishop of Rome. But Paul is a constant reminder that our faith is meant to be shared with the world around us, in the way we live our lives and, in our openness, to be changed by God.

And so, we pray:

*God of all, you changed the heart of St Paul
to become an Apostle of the Church.
Come into our hearts, we pray,
shaping and molding us,
that we might exemplify the joy
of knowing and loving you in our lives.
And may our example lead others
to know and love Jesus
and live in communion with you.*

St Paul pray for us.

Blessed Edmund Rice, pray for us.

Live Jesus in our Hearts, forever.

COLLEGE PRINCIPAL

As we come to the end of this semester of the College year I reflect with gratitude on the hard work and dedication of the Teaching and Support Staff to ensure that every student at St Paul's has grown in his learning, and been provided with opportunities to experience success and contribute to the success of others.

I am grateful also for the contribution our parents have made to support the College and engage with their sons' learning. From the way that our Year 11 and Year 12 parents participated in open and future focussed conversations about their sons' learning in our Parent Teachers meetings, to the extraordinary engagement of our Year 10 parents in the ongoing conversation about how St Paul's can best support their sons as they progress to the final stage of their school education.

In conversation with business leaders and officials from the New South Wales Department of Education just this week, the way in which our young men have engaged with every opportunity to extend themselves and their learning was affirmed. In fact, I was directly asked, 'How do we get other schools to engage with us the way St Paul's students do?'

Importantly though, we aren't done yet. This week our system of Catholic Schools in the Diocese of Broken Bay launches its strategic plan to ensure that we continue to offer the best to our families, promoting deep learning and student wellbeing, underpinned by the values of our faith. I am looking forward to sharing the details of this plan with you from the beginning of next Term as we set new goals and put in place the structures to support them.

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

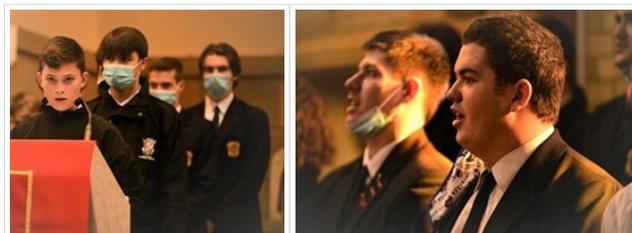
The end of Term break has arrived, and it has been a busy Term including these last couple of weeks. Our Athletics Carnival was a successful day on 16th June and your son should be congratulated for his participation. The weather was fantastic, which helped everyone have a great time – congratulations to the Moran House who won the overall day. Good luck to all those selected to represent the College at the Broken Bay Athletics Carnival.

This week we also concluded 'The Enterprise in the Local Community' program; this was our second year being involved and again it was very successful. The Stage 5 Commerce class worked with a business over the last eight weeks to come up with solutions a specific issue/problem that each of the businesses were faced with. During their presentations to the business owners it was evident that when real world is completed in conjunction with syllabus content knowledge the engagement and the learning is increased. At the end of each presentation the common theme was that the skills of problem solving, collaboration and communication had been significantly enhanced throughout the eight weeks.

Many thanks to all those who engaged with the Year 11 Parent/Teacher/Student interviews on Monday 21st June. These conversations are valuable to all concerned to ensure that your son has the best possible finish to Year 11. Early next Term we will be holding the Years 7 to 10 evenings on Thursday 15th July 15th and Monday 19th July; information will be sent out during the school holidays on how to book your appointments.

Congratulations to the whole community for their engagement and attitude to their learning and attitude throughout this Semester. We have issued over 9,000 merits since the beginning of the year; this is a fantastic amount – congratulations. We have finished the Term in celebration of our patron saint, St Paul. The celebrations included Mass and a sausage sizzle on Wednesday. Unfortunately, the range of activities that were scheduled for yesterday that were organised by Mr Rowse and the Year 11 Sports Coaching class, had to be cancelled due to COVID restrictions. There may be an opportunity to enjoy these activities later on in the year.

Term 3 commences on **Monday 12th July**. This is Timetable Day 1 with all students returning to school in their full winter uniform including the College blazer for Years 11 and 12 students.



Ms Karen Shawcross
Assistant Principal

DIRECTOR OF TEACHING AND LEARNING

Years 7 to 10 Half Yearly Reports have been issued via COMPASS. School reports provide students with the opportunity for self-reflection and future planning. If the report is indicative of a student engaging with his learning in a positive and progressive manner then he should be proud of his achievement; if a student is disappointed then he must reflect on why he has achieved as he has, and structure a plan that will support him in his learning journey in Semester 2.

Parent/Teacher/Student (PTS) interviews will be conducted in the first two weeks of Term 3, and I encourage everyone to use this opportunity to strategise for a rewarding Semester 2.

Year 11 PTS were held last Monday evening and I thank all the families who were able to meet (virtually) with their son's Teachers. If any family was unable to take advantage of this opportunity, I encourage them to contact their Teachers to discuss their son's progress.

For HSC students this holiday break will be a busy one with preparation for the HSC Trial Examinations. A holiday lesson timetable was made available on COMPASS and I thank all Teachers giving their time over the break as they support their senior students preparing for their final school-based assessments. Trial preparation can be overwhelming for some students, so I encourage HSC students to make the most of this downtime as they revise and prepare for the Trial Examinations.

It has been a very busy Term and I thank all students who have made the most of their learning opportunities at school; the staff who have supported your son not just with his learning, but with extra-curricular activities, and day to day student care; and to parents and carers as you continue to support your son on his learning journey.

I wish you all a safe and happy holiday and hope that we can all holiday as planned.

Mrs Trish McGregor
Director of Teaching and Learning

DIRECTOR OF RELIGIOUS EDUCATION

As we come to the end of Term 2, we should keep in our prayers our Year 12 students doing the HSC as they prepare over the holidays for their Trial Examinations in Term 3. This is also the case for a small number of Year 11 students who will also be sitting the HSC this year having completed the Preliminary course halfway through this term.

Year 7 are finishing Term 2 with presentations of their projects looking into how they, as stewards of the earth, can make a change. Year 8 have ramped up their work into the final week by completing their literacy activities in class. Years 9 and 10 worked hard on very detailed assessments.

Looking back on a very busy Term we can be proud of our efforts. There were four Masses, Year 10 went to the Big Kitchen, we collected food items and warm clothing for the Vinnies Winter Appeal, Year 9 attended SHINE and the College had an amazing singing practice in The Waterford Hall.

Service Hours

This year we can place the service hours students have completed onto their Half Yearly Reports.

It has been a slow process getting this onto Compass but now we are ready to start recording the great work students are doing.

In Year 7 Tadhg Magee has already submitted 67 hours of service with Kalan Griffin also making a significant contribution. In Year 8, Will Abrahamsen and Cillian Guy are setting the pace as is Oisín Daly in Year 9. Sam Smythe, Luka Delaney and Harry Larcos are leading Year 10. Both Jake Fergusson and Ross Downey from 11 PC2 have over 50 hours each with Darcey Fleming and Mitch Jones the leading Year 12 students.

There are plenty of other students who are making a contribution in some way either to the school community (serving at Mass or helping at the Open Day Expo for example) or in the community (helping volunteer at a sport clubs, refereeing or Surf Life Saving). I encourage parents to support their son(s) in these endeavours and to record them in Compass in time for their final Reports in Term 4.

Next Term, look out for the following events:

- Winter Sleepout (30 July)
- Grandparents Liturgy (22 July)
- Year 8 Reflection Day (10 August)
- Class/Year group Masses (various, during Courage)
- Feast of the Assumption (15 August)
- College Leaders 2021/22 election and Leaders day
- Year 12 Graduation Assembly (15 September)
- Year 12 Graduation Mass (16 September)
- Preparation for Catholic Mission Week

Have a safe and blessed holiday!

Mr Steven Callow
Director of Religious Education

DIRECTOR OF STUDENT WELLBEING FOR LEARNING

Gaming

Engaging in play, including gaming, is part of human behaviour. There are many positives to gaming - social connection, skill development, problem solving, relaxation, fun. However, there is a fine line between healthy and unhealthy gaming. The dopamine that gaming releases can lead to addictive behaviours around the activity of gaming.



Here are some useful links from HeadSpace directly related to online gaming:

[Understanding Gaming - a guide for family and friends](#)

[What is Healthy Gaming?](#)

Tips for the holidays

Students often return to school at the end of a break feeling less than refreshed. Here are some suggestions on how you can support and keep him on track with his learning growth during the holidays:

- **Routine:** It is going to be a challenge. Encourage him to set a daily routine that is similar to the time and structure of a school day. This means a set time to rise in the morning and go to bed at night. This will ensure that the body clock is maintained. Sleeping in and staying up until the early hours does not make him a happy learner when it is time for school to return - school always returns.
- **Electronic Devices:** Yes, it is school holidays but that does not mean that all the boundaries that you invest time setting during the Term are on "holidays" too. Rather relax the boundaries you have established and allow additional set time for gaming as a reward for a request that you have made of them.
- **Preparation:** Support your son in preparing for the Term ahead requesting that they do some of the following:
 - Cleaning out their bag and air it
 - ash their uniform and ensure they have what they need.
 - * Do you need new or more pairs of socks?
 - * Place his belt on hanger with pants
 - * What condition is your Sports Uniform in?
 - * Is the tie presentable - (some really need to be replaced)
 - * olish and air their shoes
 - Google Drive - is it all in order? Files in correct subject, topic.

- Favourites Bar - Ask them: *Do you only have educational sites visible on screen when open?* (Compass, Google Classroom, Textbook links etc)

- **Sleep Hygiene:** They could clean out their bedroom. Surely there is a reward there? Only if done to your satisfaction of course. (RESOURCE: Sleep and Teenagers)
- **Read a Book:** Reading is the key to successful learners. This website may have some suggestions that can be explored or reach out and find out what book he will be reading next in English. What is he interested in? Go from there. If it is tennis, a biography of a tennis player, cycling with the Tour de France starting, there are plenty of books on this event and the athletes that compete in it, any sporting arena. Adventure - Kokoda specially Adapted for Teenage Readers by Peter FitzSimons or a book about the Kokoda Track experienced by a Paralympian Kurt Fearnley, Pushing the Limits.
- **These holidays why not encourage your son to develop the skills above IRL (*In Real Life*) with his friends or by connecting him with a group in the local area that is of interest to him.**
- What is on for young people in the Northern Beaches

Ms Angela Bowland
Director of Student Wellbeing for Learning

COLLEGE COUNSELLOR

Establishing digital boundaries for a good night's sleep

It's well established that sleep is vital for children and adolescents' learning, physical health, mental wellbeing, and emotional regulation. Yet, a concerning number of Australian children and adolescents aren't meeting the national sleep guidelines according to a recent study.

Mrs Mary Thomas
Counsellor

CAREERS AND VET (VOCATIONAL EDUCATION AND TRAINING)

Please follow the link below for our College Careers Newsletter and to subscribe to our Careers email alerts and events:

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

ENGLISH NEWS

Some of our St Paul's Year 8 students were delighted to visit St Mary's Catholic Primary School, Manly on Tuesday afternoon to read to the Kindergarten and Year 1 classes. This was part of the Year 8 English "Picture Book" unit, in which the Year students had to write and illustrate a picture book with a "moral" to learn.



The afternoon was a great success, the children were thrilled with their afternoon of activities and the St Paul's students did a fantastic job entertaining them. Well done!

Ms Amanda Lazar
Leader of Learning English

JAPANESE NEWS

It has been a busy Term for students in Japanese.

Stage 5 started the Term with their Japanese cooking competition.

Year 8 and 9 had a Japanese immersion lesson called an Amazing Race. This is a lesson where I speak entirely in Japanese and students work in groups to complete set tasks. All students did extremely well to work in teams to answer all their questions.

In May, we learnt about Children's day in Japan on the 5th of May. A day celebrated for health and happiness of children. Year 8 also dressed up in traditional Japanese clothing, which complimented their studies learning about samurai in History.

Year 8 also competed in the Ganbaru cup and represented the College proudly.





had devoured the fruits of their labour, the St Paul's students joined pupils from Forest High School to take part in the panel discussion.

The panel interview was run by Peter O'Doherty from NSW Education, who questioned the local hospitality experts on their experiences. The panel included Anna Pavoni, the co-owner of two successful restaurants in Sydney, including Ormeggio at The Spit. Guy Bortz who is the Managing Director of Little Italy Coffee Roasters, Scott Drinkwater the Executive Chef at Dee Why RSL and Giovanni Pilu the owner of Pilu at Freshwater and Aqua Fresca by Pilu.



The panel gave useful insights into the hospitality industry and how to be successful in this line of work. The students listened intently and asked several questions to the panel about their experiences. There was also an opportunity for smaller groups of students to speak to the panel guests. The feedback from the organisers and chefs about the St Pauls students was fantastic – I was very proud to watch the boys shake hands with the industry experts, ask relevant questions and even request contact details from the chefs for future work experience. Overall, a brilliant day with some fantastic outcomes for all involved, we very much hope to be invited again to such an inspiring networking event – well done gentlemen for representing the College in such a mature way.'

Ms Kate Murphy
Teacher TAS

Well done to all students in Japanese!

Mrs Amanda Kibby
Leader of learning Languages

YEAR 10 FOOD TECHNOLOGY

On Thursday 10th June a group of fifteen Year 10 Food Technology students went to Brookvale TAFE to attend an event called 'Shaping the Future Through Food'. During the day the students were instructed by Giovanni Pilu (the owner of Pilu at Freshwater) to make 'Gnocetti Sardi with a Pork Sausage Ragù'. Giovanni demonstrated how to make Gnocetti Sardi, the pasta he grew up eating in Sardinia, giving several useful hints and tips throughout. The students then made their own dough and used the advice given by Giovanni to cook their pasta and perfect their sauce. It was a pleasure to see the students cooking with such confidence and using the guidance they had learnt from such a renowned chef. Once everyone

CREATIVE AND PERFORMING ARTS

CAPA - End of Term 2, 2021

An outstanding Term of learning across the CAPA Department with both Music and Visual Arts students showcasing excellence within their selected disciplines.

The Music @St Paul's Concerts was a highlight of this Term's calendar and reveals the strong growth within the Bands program at the College as well as within our Stage 5 cohort of musicians. Congratulations to all students who performed on the evening. It was a fantastic night of music. A very big thank you to Ms Emma Bolton and Ms Amy Evers for organising and rehearsing all students for this evening.



Year 7 and 8 Visual Arts students enjoyed finishing off their Semester units of work as well as showcasing their efforts across The Waterford Hall. Year 7 Visual Arts students completed a collaborative Howard Arkley inspired lino print as well as learnt about the life and times of Vincent van Gogh. Working like a scientist, Year 8 students engaged with a variety of mixed media to create a collection of works inspired by our local area as well as learning how to document shells and leaves using the ABCDE of scientific drawing.

Stage 5 Visual Arts students completed their unit on POPaganda and will be displaying their artworks as part of our ongoing cycle of student artwork exhibitions.



During Term 3 the CAPA Department will showcase the outstanding talents of this year's HSC cohort at HSC ONSHOW. This exhibition will open on Thursday 19th August 2021 (Week 6, Term 3). Further details to come.

Mr Luke Edmunds
Leader of Learning Creative and Performing Arts

PATHWAYS & PARTNERSHIP

Here is an update in the Pathways sector:

1) Enterprise in the Community Program for Years 9 and 10 Commerce Students

Principal Michael Reid could not have been prouder this week of the St Paul's Year 9 and Year 10 Commerce students who had completed an eight week (14 hour) program, "Enterprise in the Community" designed by the SEVEN Mile Venture Lab to expose students to problem solving techniques; gain valuable presentation skills and develop connections with local industry.

Assistant Principal, Karen Shawcross worked with Greg Twemlow of SEVENmile and Peter O'Doherty from the Department of Education, to get this program integrated at the College where students have to work with local businesses, on real issues they are facing, and develop solutions. The students learned to research, analyse data, prepare marketing strategies, work creatively and in teams. "These 15-year-old students stood before an audience, presented their project with confidence – they should be very proud of their achievements, SEVENmile certainly is", said Greg Twemlow. Thank you to Mr Tim Emmerson, their Teacher, for integrating this into the curriculum and his classroom.





2) Future Workskills Forum – postponed from Wednesday 23 June

Further to my email on Monday 21 June, this event has been postponed due to COVID restrictions – I will keep you posted.

3) Careers in the Defence Force – Monday 19 July

Here is the link to the Defence Force Seminar being held on Monday 19 July in Rhodes (6:30pm to 8:00pm)

Defence Jobs Australia - Sydney: Defence Careers Information Session

Please take the time to review this site, as the plethora of roles in the Defence Force is often under-estimated. **If you are interested, please register now as positions fill quickly.**

4) Now looking ahead

I am currently working with Mr Michael Reid and his team planning programs for your son(s) for Term 3 and beyond. Lots of exciting opportunities are in the pipe-line across many Year Groups and learning areas, that I will share with you in Term 3. I am asking for your help - I will advise you of your son's participation in any event, and to cement any learnings the students have experienced, I ask you to ask your son(s) questions and engage them at home by saying "so I saw you had a workshop today on Careers in STEM" (you know the drill and as a parent of a 19 and a 16 year old, I am aware it doesn't always go as smoothly as that).

If you are taking some time out during the school holidays, I wish you a relaxing break and stay safe.

Ms Jayne Persico

Student Achievement – Pathways & Partnership Leader

ST PAUL'S CLASSIC RACE

The annual St Paul's Classic Race was held on Wednesday 23rd June to great encouragement and applause.

Tadhg Magee Year 7 claimed the title this year. Alex Newson in Year 10 finished second.



Mr Adam Malcom
Teacher

SPORT

Athletics Carnival

All had a wonderful day on 16th June. The weather was fantastic as was student participation.

Well done to Moran, the House Champions in athletics as well as swimming this year.

Thank you to all Staff for the coordination of the day and for their hard work marshalling, timing, recording and organising all of the field events.



Basketball

Good luck to our Basketball Teams participating in the Manly Warringah Basketball Championship Grand Finals this week. Results are posted on Facebook.

BBSSSA Basketball Championships

The Opens Basketball team had an enjoyable day at the BBSSSA Basketball Championships. Despite winning a few games they did not progress to the semi-finals.

Football

Well done to the U14 Football team. Despite not making the finals, they improved significantly over the season, winning several games.

JiuJitsu

Congratulations to Year 7 student, Samson Barton, who won all his JiuJitsu fights over the long weekend in Canberra at the ACT AFBJJ Championships 2021.

Samson is now the ACT State champion. Well done!



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

To better support our students, we have increased the Homework club to both Monday and Wednesday afternoons from 3:30pm to 4:30pm. The Homework Club will be held in classroom S21 until 4:30pm. Students are welcome to bring any work that they may need assistance with.

Mr Ben Arthurs
Leader of Diverse Learning

Exemption from Attendance at School

From time to time the College receives applications for leave from families for a few days, to a week or more. Please note that the College is bound by the Education Act when determining whether leave can be granted. The Act delegates authority to the Principal to grant leave only in very specific circumstances

related to serious or prolonged illness, and for involvement in accredited elite sporting competitions or the arts (students employed in film, television or theatre or engaged in cultural opportunities not available through the school or the diocese).

The Act does not allow Principals to grant leave from school for family holidays or overseas travel. Although this may frustrate some parents please understand that this is not a school decision.

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 plgspcc@gmail.com

Here is the link to the latest Broken Bay Catholic School Parents Newsletter:

<https://mailchi.mp/8fc4cbe4b020/bbcsp-term-1-news-event-s-10122093>

Mrs Michal Brenchley
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 publications are available via this link below:

<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