Veritas No 14, 18 September 2015

Dear Parent/Carer, Students & Friends of San Clemente

This is the last ‘Veritas’ for Term Three. I am left bewildered when considering where the term has gone! It was like yesterday when we returned from the winter holiday. Much has happened this term, from academic achievements to sporting and cultural endeavours. I take this opportunity to thank all the teaching and support staff for the dedication and commitment displayed throughout this term. Thank you to all families for your ongoing support of San Clemente—it is valued and greatly appreciated. Congratulations to the students for a successful term. They have displayed energy, vigour and respect in pursuing the numerous opportunities presented to them.

On behalf of the San Clemente staff, I wish all students and families a relaxing and enjoyable Spring holiday. Let’s hope the weather is kind!

Peace and Best Wishes

Tony Kelly, Principal

Finding Peace In An Age Of Restlessness.

Finding peace in our time of perpetual change and uncertainty, seems to be something most of us find difficult. We are constantly distracted and demands, are made of our time, effort and energies. This can lead to the ‘last straw’ syndrome; whereby people reach the point where they cannot take anymore. We need to learn to face ourselves and come to acknowledge inner pain and frustrations within our lives. We need to understand that there are many things in life which we are powerless to change or fix. While we act decisively and are responsible for our own choices, we need to recognise that we are not masters of our own destiny. That is something much larger than any of us.

These insights need not drive anyone to despair, but rather liberty, whereby we can let go of illusions and be transformed by a deepening trust of God and His great love. This is the way towards gaining a restful spirit in the midst of unrelenting pressure, loneliness or anxiousness. This is not an attempt to escape ourselves, but rather a desire to find a new centre of inner peace. This can be found in the midst of our journey, when we walk with God, who may not take our burdens away, but who embraces us, so that our burdens become bearable. We know we are walking with God and He is walking with us. Our peace is found in Him and not in the things of the world, which are passing away His love is everlasting.

John O’Callaghan, Pastoral Care

Assistant Principal, Wellbeing

On Monday of this week, Senior Constable Darren Fleming addressed Years 7-9 on important issues of cyber safety. It is incumbent upon us as parents and teachers to educate our students in responsible use of technology. We are all aware that technology is advancing so rapidly in today’s world it can be difficult for us to keep pace! While Senior Constable Fleming outlined very clearly the legal obligations and responsibilities in terms of technology use, as a school, we have also communicated our expectations. All students have the right to feel safe and connected to their school and we will not tolerate or accept when technology is used to hurt or intimidate others. As a Catholic school particularly, this is not in line with our values and it does not support our mission. There are numerous online resources to support families. One Commonwealth Government resource can be accessed at http://www.esafety.gov.au. I encourage you to explore this site with your children.

During the year we have endeavoured to keep you informed about our new PosED program and philosophy. This semester we are focusing on ‘Be Active’ which essentially encourages students to become involved and contribute to school life. Yesterday’s Walkathon, House Finals and assembly were all wonderful examples of this theme. There was a magnificent spirit and energy amongst our students who were clearly engaged and connected to their school. Two more Gold Awards were achieved by Liam Cook (Year 7) and Chloe Charlton (Year 9). Particular congratulations must go to Chloe who has now achieved three Gold Awards at San Clemente. This is quite a remarkable achievement. Mrs Tolfree outlined the variety of merits Chloe has achieved that have culminated in a Gold Award. It is evident that Chloe is a very active member of our community who contributes to all areas of school life.

Success can be measured in many different ways. What is important is that success is not merely confined to outcomes achieved, or numbers on an examination or student report. As a school, we must endeavour to provide opportunities for all students to shine and exhibit their own personal strengths, whatever they may be. This could be on the sporting field, in the classroom, debating, drama, musical talent or perhaps character traits of persistence, empathy and kindness to others. All of these strengths and qualities can and should be recognised. Each and every student therefore is acknowledged and recognised for their uniqueness, feels valued and connected to their school, and has the opportunity of contributing to their community. This connectedness is an essential ingredient for students to feel happy at our school. I thank all parents for their ongoing support and wish you all a very happy, safe and enjoyable holiday with your families.

Mr Scott Donohoe, Assistant Principal—Wellbeing
Assistant Principal—Teaching & Learning

Interim Reports were mailed home for all students last Friday. These reports are to assist in keeping you aware of your child’s progress so we can work together in achieving the best for all students. There were a number of great improvements that can be seen in these reports for many students, however, I would like to specifically congratulate the following students on achieving perfect reports. These students received the highest level of achievement across all criteria in every subject. Their reports cannot be improved upon.

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In particular, I would like to congratulate Aimee Murphy in Year 9 and Beau Valentish in Year 10. They have achieved this high level in their reports every term this year. A very impressive performance. All these students, along with their parents, are invited to afternoon tea at San Clemente on the 14th October to celebrate their success. This will commence at 1.45pm on the Principal’s Balcony.

A Parent Teacher Interview day is scheduled for 8th October (Thursday, Week 1, Term 4). Included with the Interim Report was an indication of whether a teacher has requested an interview and an information sheet on how to make appointments to see your child’s teachers. If an interview was not requested, please still feel free to make an appointment with your child’s teacher if you have any questions, concerns or require further information. Your assistance in completing this process would be appreciated.

Year 9, 2016 Elective Subject Allocations were mailed home last week. Students should now be aware of the electives they will be studying for years 9 and 10. The majority of students did receive their first two preferences, with most of the remaining students getting their third. Very few students had to be asked to make a fourth choice. Thank you to everyone who has assisted in this process and for the understanding of those who did not get their first two choices. Students were given a great deal of opportunity to find out about each subject and encouraged to ask many questions. They are reminded that this choice is for two years and only under rare circumstances will changes be made.

Over the holidays students should make sure their school equipment is ready for next term. It is an expectation that students will bring all equipment needed for their classes. Some students are coming to class without their electronic devices. San Clemente has in place a policy that requires each student to have a device. It is known some devices are broken, but some are simply not being brought to school. Teachers prepare work which is based on the use of the device with the expectation that every child will, where possible, have a device. If the student does not have a device, it can be difficult for them to participate effectively in the lesson. Staff will be taking a firmer approach to this problem next term.

I wish you all a safe and enjoyable holiday with your families. Ensure you get a good balance of work, rest and play. If the student does not have a device, it can be difficult for them to participate effectively in the lesson. Staff will be taking a firmer approach to this problem next term.

I wish you all a safe and enjoyable holiday with your families. Ensure you get a good balance of work, rest and play.

Mr Marc Romano, Assistant Principal, Teaching and Learning

Year 8 News

Term 3 has come to an end and what a busy and productive one it has been. Our focus with PosED has been Be ACTIVE and Year 8 have certainly embraced it. They have involved themselves in netball, rugby, debating, Science Competitions, the House Competition, The Athletics Carnival, hosted Japanese exchange students and not to even mention choosing electives, lots of learning and the Gold Awards we celebrated!

With the holidays fast approaching, it is an apt time to explore the importance of humour and fun in our daily lives. Research has proven that when we incorporate this into our everyday activities we actually positively affect our physical health. Not only does having a good laugh increase pain tolerance and our immune system, it also releases endorphins that make us feel good about ourselves. Similarly, doing things we find enjoyable also enables us to lead a more optimistic life. So my challenge to Year 8 is that during the break you take time to relax, have fun and have a laugh. Meet up with friends and be active in taking the time to do things that will enhance your mood like going for a walk or watching a funny movie.

Police Liaison Officer Darren Fleming came to speak with Year 8 this week about cyber related issues. It was a very valuable experience and reinforced key ideas such as being a responsible and aware online citizen. It is also important as parents and caregivers to ensure we constantly monitor or check in with our children about these issues.

The Walkathon was a huge success on Wednesday. We were blessed with gorgeous weather and the students thoroughly enjoyed themselves. I want to sincerely thank all the people who assisted in raising funds for the school. There is still time to sell some more raffle tickets before the prizes are drawn next term. Be active and support our school!

Next Term on the 24th November, Year 8 will enjoy a Community Day together at The Grainery. It is sure to be a day of fun, connecting and being active with their peers.

I wish you and your family a safe and relaxing holiday. Please relax and be ready to come back for what I am certain to be a very exciting, eventful and busy Term 4.

Year 8 Quiz: When does Term 4 begin? The first person to see Mrs Cram in the playground with the answer will receive a prize.

If you have any questions or queries please email on mere-dith.cram@mn.catholic.edu.au or call on 40147300.

Meredith Cram, Year 8 Coordinator
Year 7 News

A regular occurrence at this time of the year is for students to become unsettled at school. There are a few reasons this can happen. One reason is that we all can become tired as we reach the end of term, having spent ten weeks together, relationships become tense. Another thought is that students don’t always enjoy the two week break. Most students would completely disagree however, in my experience, students actually appreciate the structure and social connection that school provides. Most parents in our community are working and school holiday time can actually be a difficult time for families. My recommendation for holiday time is very simple – PLAN! The best plan you can follow is the same plan we have been promoting since students arrived at SCM. Our 5 steps to Wellbeing are a perfect platform to guide you through the next two weeks:

CONNECT: Stay in touch with friends, catch up with friends outside of SCM, ring your cousins, neighbours and sporting mates. Maybe even hang out with your siblings.

BE ACTIVE: Include some daily activity. It doesn’t have to be vigorous or time consuming. The HIIT principle is great one to follow. High Intensity Interval Training looks at sessions as short as 10 minutes that can quickly enhance your health, fitness and happiness. Here is a link to my favourite at the moment – the good old push up. http://www.hundredpushups.com/

TAKE NOTICE: We live in such a beautiful area of the world we need to stop and appreciate the good things we have. Take time out to look around, use all your senses as often as you can, remind yourself of the present and practise some mindfulness. I love the saying “get out of your mind, and into your life!”

KEEP LEARNING: This may sound like the last thing you want to do on a term break but it’s the perfect time to learn something new. Pick up an instrument, learn to surf, read a book, play card games, do crosswords, use your brain!

GIVE: I still think this is the most rewarding. Why not help around the house, cook some meals, help out while Mum or Dad are off to work. See if the neighbours need a hand or volunteer at a local group. The rewards will be greater than you can imagine.

Term break should no doubt be used to refresh and revive but it should also be a time that is not wasted. I get frustrated when students return to school answering the question “How was your break” with “Boring” If this is you, perhaps use our Wellbeing model as a plan. Write down some goals and have some structure to your holidays. Let’s try to enjoy every second of our valuable free time – who this week received Year 7s 2/3 Gold, Gold and Gold again for Year 7. Earlier in the year I wrote how impressed I was with the maturity and leadership of some Year 7 students. Amongst them was Liam Cook, who this week received Year 7s 2/3 Gold award. Liam is an outstanding member of our community, an active member of the SRC and an outstanding student. I well deserved Gold award recipient.

PD/H/PE News

It is often not considered that the link between literacy and PDHPE is not to be underestimated. I often get frustrated as a teacher when students can verbally answer questions and contribute to class discussion yet struggle to transfer this knowledge into an essay or short answer question. Throughout all Teaching and Learning areas we have been encouraging students to use the PEEL method of planning and delivering written responses. The PEEL method is a simple acronym that suits PDHPE theory topics. PEEL stands for P – Make your POINT; E – Elaborate or Explain; G – Give an Example; L – Link it back to the context. Using PEEL students can easily answer many Health and Personal Development questions. I have seen recently the PEEL method used to good effect in Year 10 PDHPE lessons. Recently I set my 10-3 class a homework task that was a question from a recent HSC. Students were asked to: Use the PEEL process to complete this question: Identify 3 priorities YOU think Australian health services should be focussed on. Justify your response.

One of my students, Logan Peate, wrote an outstanding response, easily worthy of a very good grade at Stage 6 level. Logan simply stated her areas but then gave detailed information and examples to back up her statements. Logan chose Obesity, Alcohol and Cancer as areas of concern then backed this up with simple research and statistics to justify her answer. Whilst the PEEL process certainly can be used in all subjects, it should be firmly in the minds of students when answering PDHPE questions. Our subject lends itself to the use of examples, quotes, statistics and straightforward explanation of issues. These examples can often be easy to elaborate on. My advice is to practice effective use of language when practicing the PEEL method and stay consistently to the method.

Nathan Beckett, Year 7 Wellbeing Coordinator

House System Update

We are reaching the business end of the House System competitions and the race for Tony Kelly Cup is still wide open. This term has included the regular Lunchtime House Competitions with Sienna winning Years 7/8 Soccer. They ere also victorious in the Years 9/10 Dodgeball in the Grand Finals played yesterday before the Walkathon. Regional Debating and representative Rugby Union were opportunities that San Clemente students used to showcase their strengths, be active in their community and earn points for their House.

On Wednesday, the annual Walkathon was held alongside the inaugural “Stocko Stampede” – running of the Walkathon course – contested by over 50 students with the first student from each year group to complete the 5km course earning 20 points for their house. Congratulations to Mitchell Stark (Year 7 – Sienna), Verdel Antonio (Year 8 – Calaroga), Nick Zerbes (Year 9 – Calaroga) and Keith Moody (Year 10 – Sienna) who were the first students to cross the finish line from their respective year groups.

House Points

Sienna 4185 Aquino 4161 Castle 4011 Calaroga 4008

Next term, the feature House System event will be “San Clemente’s Got Talent”. This will showcase the skills of students across all year groups in a variety of fields (e.g. music, drama, dance, lip sync. battle etc) with points awarded for originality, creativity and “crowd favourite”. Auditions (forms are available from the large staffroom) will take place in Week 2!

Mr Nicholas Marsh
Year 9 News

As Another busy term draws to a close I wanted to congratulate Year 9 on their efforts this term. There are so many more aspects to school other than academics. Interim reports have been sent out to provide some feedback to students and their parents/carers as to their application and progress this term. I encourage all Year 9 students to reflect on their report and set some goals for the remainder of Year 9.

The Duke of Edinburgh students completed a three day camp this week. Sincere thanks to the Teachers: Mr Newman the organising teacher, Miss Wijoyo and Mr Kelleher. Participants: Jordan Clarkson, Catherine Faner, Caleb Faragher, Rayden Hobson, Izac Johnstone, Emily Malone, Shayla Martin, Malcolm Nyboer, Darcy Seymour, Johanna Soo, Emily Stark, Zac Thompson, Emma Tu, Lilian Tu, Tommy Tu, Baillie Wheatley, Bryce Zerbes.

The Duke of Edinburgh is definitely an activity that builds, character, strength, resilience and connections, so well done!

Other achievements include- Eliza Linn who has been selected to play in the women’s National Water Polo Team!!! She is also competing in the holidays in the NSW under 16s Water Polo Team.

Bohdi Deamer who displayed outstanding bravery and chivalry on the walkathon guarding a young lady from a snake on the walk! The size of the REPTILE is still being debated!

Yangkyi Sangpo and Johanna Soo who performed at our recent year assembly! An unbelievable performance.

Chloe Charlton who received a gold award at our school assembly this week. Chloe is a quiet achiever. The award covered areas of academic achievement and application, SRC involvement and assisting others. Chloe contributes to SCM in such a positive and mature manner. Congratulations!

These are only some of the ongoing achievements of our Year nine students who display a commitment to our school motto "Veritas" and also for our positive education program by taking notice, being connected, being active, giving and love of learning. I am certain that there are many more such acts.

I am very proud to be a member of the SCM community! Enjoy a well deserved break.

Mrs Tolfree, Year 9 Wellbeing Coordinator

Year 10 News

It is hard to believe that it is the end of Term Three and Year 10 has only one term left at San Clemente. How quickly has this year flown; some of you may be thinking how quickly the last four years have passed by. As it is football finals time I would like to use a sporting analogy for Year 10 to consider. All coaches emphasise that a game is won or lost in the second half. Others would go further and state that it can be won or lost in the final few minutes. Well Year 10, you are at that stage, it is finals time and the clock is ticking down. How would you like to be remembered? What do you want to achieve for the remainder of the year? Semester Two exams start on Monday 9th November; it is never too early to start preparing. I challenge all Year 10 to return after the holiday period with a positive attitude and a determination to make the most of their final weeks at San Clemente.

On Tuesday of this week, Year 10 was fortunate to attend a presentation focusing on mental health. The National Rugby League (NRL) has teamed up with Headspace – the government established National Youth Mental Health Foundation to deliver the NRL State of Mind Program. The program aims to stimulate behavioural change by improving mental health literacy, increasing help seeking behaviours and reducing stigma in relation to mental health. Year 10 not only listened to Headspace speakers but also Tariq Sims from the Newcastle Knights, his sister Ruan Sims, who plays for the Australian Women’s Rugby League team and Adam MacDougall, a former Knights, NSW and Australian player. Each speaker openly talked about their personal mental health experiences and ways of coping with the challenges of life. It was stressed that talking to people and not letting issues/problems build up is the key, and never be afraid to seek help. Ten tips to mental wellness were discussed and they were:

⇒ Regular Exercise – Keeping your body active and physically strong, provides benefits for your mental wellbeing and plays a role in reducing and preventing stress.
⇒ Healthy Eating – A balanced diet, limited sugar.
⇒ Manage Stress – Learn to manage stress- make yourself take a break.
⇒ Get plenty of sleep – 9-10 hours of uninterrupted sleep, no mobile phones under pillows. If experiencing problems with sleep, seek help.
⇒ Make time for Fun – Make time for leisure activities that bring you joy.
⇒ Avoid Alcohol, Cigarettes and Drugs
⇒ Laugh – Incorporate laughter into your day, it’s a great medicine.
⇒ Care for Others – Doing things for others is a great tonic when you’re feeling down.
⇒ Take things One at a Time – Having too much on your place can be counter-productive.
⇒ Build a Strong Support System – Surround yourself with positive people, avoid people or situations that drain your energy.

Please mark the following important dates for Year 10 on your calendar. For families planning events please note that Year 10 Semester 2 Exams will commence on Monday 9th November and conclude on Friday 13th November. Work Experience for all Year 10 will take place from Monday 16th November to Friday 20th November. Work experience information and details is currently being looked at in career lessons. Students who do not participate in work experience are expected to be at school where normal lessons will occur. Awareness Week will commence on Wednesday 25th November and conclude on Friday 4th December. The program for Awareness week is still being prepared but it will include a number of excursions, Newcastle University Visit, SFX Orientation and numerous guest speakers and performers. Final arrangements and costs involved will be available early Term 4. A final date to save is the Year 10 Graduation, Tuesday 8th December.

A reminder to Year 10 and parents, if you have any concerns at all please contact me at school or on the following email address; patrick.doyle@mn.catholic.edu.au


Patrick Doyle Year 10 Coordinator
Welcome to the last Careers Corner for Term 3. What a busy, yet productive, term it has been for both Years 9 and 10. I’m sure all students are looking forward to a well-earned break during the upcoming holiday period.

In the classroom:

- **Year 9** – students should have completed their Work Ready booklets in class. Those who have are encouraged to collect their WR certificates from the Careers Office during the first back of Term Four. These not only look great in any portfolio but the program provides students an acute awareness of their, and their employers, roles and responsibilities whilst on work Experience.

- **Year 10** – students are continuing to search for prospective employers with ALL Year 10 provided with the opportunity to collect the Work Experience paperwork right up until the end of Term Three. *If you still do not have it see me tomorrow!*

Year 10 are also invited to participate in a **First Aid Training Day** to be run at school on Monday 30th November in Week 9 of Term 4. The cost of this day will be approximately $50 and is significantly less than what is charged by other organisations running similar programs outside of school hours. A permission note for this containing details of the day and final costing will be distributed early Term 4.

Once insurance has been paid students then need to complete an online quiz by following the directions on the link below; [http://www.go2workplacement.com](http://www.go2workplacement.com)

Students will need to register once they visit the website and in the **School Section** of the registration enter St Francis Xavier as San Clemente DOES NOT APPEAR!

Year 10 students and carers are also reminded of the following important dates for Term 4;

- SFX Parent and Students COMPULSORY Subject/Pastoral Interview during the week of Monday 19th October – Friday 23rd October (Term 4)
- Student Half Day Orientation Visit to SFX on Wednesday 2nd December (Term 4)
- Work Experience Week Monday 16th November – Friday 20th November (Week 7, Term 4)

As always, a friendly reminder to ALL STUDENTS in Years 9 and 10 to;

*Check daily, read carefully, and respond promptly!!!*

Mr Mitch Allan – Careers Advisor (Acting)

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**CHEER LEADING AT SAN CLEMENTE**

The Panthers competed at the AASCF NSW State Championships at Sydney Olympic Park on Sunday the 6th September, coming first in their division – High School co-ed Cheer Level 1.

It was a fitting reward for all the hard work, diligence and team work that the Panthers have demonstrated over the year – producing an almost flawless athletic performance. Well done!

If you would like to see the Panthers in action – please go to the San Clemente website and browse recent events for a video of their latest competition performance.

The 2015 San Clemente Panthers are:

Year 7: Faith Daley Anabella Marino Ruby Pearson
Year 8: Vivian Bartos Ella Callen Georgia Clements Grace Compton Angel Dobson Tia Langdon Georgia McLeod Madeline O’Connor
Year 9: Tom Baker Madeleine Drummond Taylah Forrester Isabella Hawke Lara Maxwell Lauren Mulholland Jessica Kate Paterson Chloe Simpson Brittany Wilkins

If ANY students at San Clemente would like to give Cheer a try you are welcome to select Cheer as your sport selection for term 4, 2015, with no commitment to 2016 competitions necessary.

*If you think you’d enjoy Cheer – Give it a Go!*
Boys 7/8 Rep Soccer

During the term the Year 7/8 boy’s Rep Soccer team participated in the annual Diocesan competition between St. Pius X Adamstown, St. Marys Gateshead, and St. Pauls Booragul. The boys displayed excellent sportsmanship each Friday and experienced a mixed bag of results – winning some, losing some, and drawing some games throughout Term 3. The following students represented SCM with both pride and passion each week.

TEAM: Verdelh Antonio, Michael Balkin, Alec Chapman, Daniel Deridder, Flynn Casey, Jack Grant, Samuel Jones, Michael Magwaza, Sebastian Meagher, Nick Mureverwi, Max Noble, Andrew Pakse, Elliot Pakse, Harry Pye, Yves Shema, Noah Skoljarev, Mitchell Stark

Mitch Allan, Coach

THOBANI FRIDAY

THOBANI FRIDAY 2015 has been a huge success. Each Friday throughout Terms 2 and 3 San Clemente has held Thobani Friday. Each mentor group contributes small change towards our world vision sponsor child from South Africa, Thobani Mpisi. Thobani is an 11 year old boy, who San Clemente has been sponsoring for nine years now. A poster with pictures and the latest news from Thobani is in every homeroom and on the Vinnie’s noticeboard in the quad. Please make sure you have a look.

7 Therry mentor group has written letters to Thobani and sent a class photo. If any other student would like to write to Thobani – please see Ms Nolan. THANK YOU all for your generosity.

NSW SCHOOL VACCINATION PROGRAM 2015

School vaccination clinics continue into Term 4

27 October 2015, Year 7s at San Clemente

WHAT IF MY CHILD HAS MISSED A VACCINE

If your child has missed any vaccinations they will be offered any missed doses at the next clinics at their school.

WHAT IF MY CHILD HAS NOT RECEIVED ALL VACCINES BEFORE THE END OF 2015.

Any year 7 student with missed doses of vaccine can be caught up in 2016.

Additionally – any year 8 student who commenced HPV vaccination while in Year 7 and are yet to finish all 3 doses of HPV (and who has not received any from their local doctor) can still receive these at the next clinic at their school.

Don’t forget a Record of Vaccination is given to each student for each vaccination. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Any questions, visit the NSW Ministry of Health website at: http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx

SRC NEWS!

The SRC have continued to meet every second Monday during the term. Students have assisted in creating and compiling information received from the school body through a suggestion box. Students have gathered shoes for ‘Shoes for Planet Earth’, supported Alopecia fundraising, contributed to the launch of the Walkathon and held a Father’s Day Stall.

Term Four will be a busy with ‘Socktober Day’ socking it to social justice in October, supporting Catholic Missions.

SRC TEAM

Morgan Benge, Bruce Nishi, Alex Thomas, Aidan McMillan, Matthew Godbold, Alex Boekhout, Rhys McCloud, Ben Brimblecombe, Jodie Swain

Student Updates

Please keep us informed of any changes of address, phone or email address so that our communication records are current in the event of an emergency and for all correspondence.
San Clemente Cares!

This term we had the pleasure of taking a group of students to Mayfield Aged Care as part of a COMMUNITY CARE sport option. The students were quite apprehensive about what they had signed up for, but they were soon demonstrating their skills of conversation, listening, interacting and being patient with the lovely residents at Mayfield Aged Care. During the NRL “State of Mind” visit at school this week, the presenters mentioned how “random acts of kindness” were beneficial for our mental health. Apparently the feel good hormone, serotonin, is released when we doing something nice for someone else. Every week when we walked back to school on Friday afternoons, I now realise that the students were on a “serotonin high”!

There are so many benefits for participating in a program like COMMUNITY CARE. Interacting with our community, learning about another’s history, their life stories, their good times and bad times. We played some games, did some quizzes, sang some songs and coloured in, but most importantly, we were there to listen and to show that we care. The highlight of the term was a special birthday for one of the residents, Ursula, who turned 103 years! The students made a card and we presented flowers and the staff organised party food and decorations. A big thanks to the staff and residents of Mayfield Aged Care for allowing us to visit and for looking after us. And a HUGE thanks to the following students who impressed us week after week with the respectful and patient way they conducted themselves.

Jemma Hancock, Ayor Chinmouth, Maria de Souza Braga, Catherine Faner, Sophie Logan, Ali Lowe, Eishaday Mehari, Charlotte Phillips, Mark Shaw, Ebony-Marie Stewart, Sue Ellen Tillman, Lilian Tu, Tommy Tu, Farzad Yaghini, Bezawit Mengistu, Johan-

Next term we will be doing 5 weeks at the Hippocrates Nursing Home, Mayfield and the other 5 weeks helping out at St Dominic’s and St Columban’s primary schools.

Mrs Gay McDonell and Mrs Bernadette Deane

Are you a good reader?

Many high school students struggle with the increasing complexity of the texts that they are required to read. The amount of words to read increases and the amount of technical and complex language also escalates as they move through high school. By the time our students reach Yr 11 and 12 they will be expected to read substantial amounts of text.

The illustration below gives you some reminders about how to UNDERSTAND the material that you are reading. We need to be ACTIVE readers – to think about the material before you start reading, while you are reading and after you read. This strategy applies to text books, novels, web pages and handouts – all texts.

From the Feldt Learning Centre
San Clemente Walkathon - Wednesday 16 September

What a glorious day we had in Stockton Wednesday 16th September—sunshine, great community spirit and lots of fun had by all. This year San Clemente will be again having a Walkathon Raffle. For every dollar donated to the walkathon the sponsor will receive a ticket in the Walkathon Raffle. The sponsor’s name and phone number is to be clearly written on the raffle ticket. Additional raffle books can be obtained from the school’s library. The raffle will be drawn on the 14th of October....... still time to buy a ticket.

Below is a list of the prizes available in the 2015 San Clemente Walkathon Raffle. The school sincerely appreciates the generosity of the organisations who donated the below prizes.

1st Prize – A $500 Westfield gift voucher at Westfield Kotara.
2nd Prize – A $300 gift voucher at Westfield Kotara.
3rd Prize - A $200 gift voucher at Westfield Kotara.

The student who sells the most raffle tickets will win a $50 Westfield voucher and the mentor group that sells the most will have a pizza afternoon! There are many other prizes on offer!!!

Points will be awarded for the house and mentor group that raise the most money, all those points are precious at the end of the year.

Try Sailing Days—Port Hunter 16’ Sailing Skiff Club, Stockton Junior Division (Aged 8-18)
Saturday 19th and 26 September 2015, 9.30am—11.30am
To launch this year’s Sailing Season we are having 2 days of training both on and off the water (weather permitting). If you love the water and have a sense of adventure come and see what it’s about. There are several Club boats available. We have existing Junior Skippers looking for crew.

For more information regarding our Try Sailing Days please call Alyson 0429 721 985 or email alygearing@gmail.com. It is free, however bookings are essential. RSVP Friday 11 September

The Hunger Games: Mockingjay Part 2

The SCM P & F is hosting a movie night fundraiser on Friday 20th November (7pm) at Scotty’s Cinema Centre Raymond Terrace. The event will SELL OUT quickly, so secure your tickets. Tickets are $15 each and available NOW for pre-purchase via the Fundraising Coordinator Anne-Marie Kelly@mnr.catholic.edu.au for direct debit purchase. Lucky door prizes will be won on the night also.
TO: Parent Body  
RE: Fundraising Activities  

As you will be aware we organise several fund raising activities throughout the year. On 30th October our annual Trivia Night will take place. To make this event more attractive each year we include several prizes which we source from the local community. This year we are appealing to you, the parent body, to donate or have your employer, or if you are a business owner, donate some gifts for us to use to this end. All money raised goes directly towards school funds used to purchase the best available resources for your child’s education. Many thanks in anticipation of your generosity. Please leave any donations at the school office.  

Yours sincerely,  

Kevin Fuller, President, P&F Association
Spring Parenting Conference 2015

You are warmly invited to attend one or both of these special events!

**DINNER EVENT**
An opportunity to gather and celebrate parenthood.
Enjoy a dinner with psychologist and parenting expert, Dr John Irvine and celebrate the partnership between parents and schools.

October 31
6.30pm for 7pm
Green Room, Wests New Lambton
Hobart Road, New Lambton
Cost $60, includes 3 course meal.
Cash bar available.
Please advise of any dietary requirements.
Limited places available.
For tickets phone
Cath Garrett-Jones on
4979 1200
RSVP by 10 October.

**FREE EVENT**
**LIMITED PLACES**
PARENTING “SPRING CLEAN”
with psychologist and parenting consultant, ANDREW FULLER + other guest speakers. Learn about,
- unlocking genius and managing behaviour
- resilient parenting
- transitioning to Year 7
- navigating social media
- studying and time management.

November 01
9.30am for 10am start - 2.30pm
St Aloysius Catholic Primary School
24 Heritage Drive, Chisholm

Registration essential. Visit
http://domn.mail/1Jz8pj2
to reserve your place today.

For further info contact
Cath Garrett-Jones
Parent Liaison and Resource Officer
P 4979 1303
E cath.garrett-jones@mn.catholic.edu.au

Follow the link to read the current edition of Parent News published by the Federation of Parents & Friends Association
Saver Plus offers:

- up to $500 in matched savings for education costs
- fun, free and informal financial education workshops
- assistance and support from a local Saver Plus Worker to establish a savings goal and develop a savings habit.

Participants make regular deposits towards a savings goal over a 10-month period and attend workshops to build their financial management skills. When participants reach their savings goal, ANZ matches the amount - up to $500 - towards education costs including uniforms, text books, laptops, sports equipment, music tuition, TAFE or apprenticeship costs, and much more.

You may be eligible to join Saver Plus if you:

- have a Centrelink Health Care Card or Pensioner Concession Card
- are at least 18 years old
- have some regular income from work (you or your partner) including casual, part-time, full-time or seasonal employment
- have a child at school or attend vocational education yourself

What Saver Plus Participants say about the program

"If I could use one word for Saver Plus, I would say empowering."
-Albury, NSW participant

"Saver Plus has changed my whole attitude about saving. I used to believe that only those with expendable incomes could save, but that's not true! I'm a single mum with a mortgage, part-time job and trying to study for higher employment prospects, and I still managed to save. Incredible."
-Mandurah, WA participant

"To be honest I had no idea about budgeting and I didn't have much self-esteem. It has been wonderful to learn something that you can teach your children for when they grow up."
-Dandenong, VIC participant
Dear Families

You are warmly invited to join Bishop Bill, for the launch of the Social Justice Sunday Statement.

The statement addresses the divisive national debate over asylum seekers, especially those who arrive by boat. It reminds all Australians of the need to welcome and comfort those who have fled here from terror and danger, and to live out the example of Jesus, who never turned his back on those who were lost or suffering.

The occasion will be an opportunity to hear refugee’s tell their stories and learn about our CatholicCare Refugee Service, and how our programs support refugees.

Thanks for your help in supporting this important statement.

ALYSON SEGROTT
PROFESSIONAL OFFICER, PASTORAL MINISTRIES, COMMUNICATIONS, DIOCESE OF MAITLAND - NEWCASTLE
P 02 4979 1117   F 02 4979 1119   M 0405 498 805
841 Hunter St Newcastle West NSW 2302 | PO Box 780 Newcastle NSW 2300
Email Alyson.Segrott@mn.catholic.org.au  Visit us online www.mn.catholic.org.au
Join us for an enormous extravaganza that will entice your mind.

4pm - 7pm, Friday 9 October 2015
Laman Street, Newcastle

The Newcastle Region Library will host an evening of wonder and thrills for Mental Health Week.
Come along and see live music, theatre and dance performance
Join in on the interactive activities
Chill out in the Library and meet some Mental Health service providers
Grab a bite to eat from one of the food trucks
Performances presented by Callaghan College Wallsend and The Big Picture Cooks Hill

This event is sure to tickle your imagination and excite your mind!

For enquiries please call 4974 5342
For more information visit: www.newcastle.nsw.gov.au/library
Calendar Dates to note
6 Oct Term 4 Commence
8 Oct Parent Teacher Day (Pupil Free)
14 Oct Perfect Report Afternoon Tea
19 Oct Aboriginal Ed Yr 8 Incursion
22 Oct Yr 9 Sci Wetlands Excursion
23 Oct Year 9 Leadership Day
27 Oct Immunisation Yr 7s
28 Oct Drama Night
29 Oct Sept Satur Day
2, 4, 6 Nov Aspire Auditions
9-13 Nov Year 10 Exams
16-20 Nov Year 9 Exams
16-20 Nov Year 10 Work Experience
16-20 Nov Year 7/2016 Orientation
30 Nov Year 10 First Aid Course
2 Dec Year 10 Students visit SFX
8 Dec Year 10 Graduation
10 Dec Academic Awards Yrs 7, 8 & 9
16 Dec Year 9 Last Day for students 2016
29 Jan First Day Year 7s (Friday)
1 Feb First Day Years 8, 9, 10 (Monday)

San Clemente Boys Uniforms for sale.
Sizes 10, 12 and 14 Formal and Sport. Phone 0421630008

SFX Blazer: Excellent condition and dry cleaned. Ladies small (size6/8) $50. Phone 0431 384 743

BOYS UNIFORM
SFX Blazer new not worn - size med
5 x SFX shirts - size small
2 x SFX shirts - size extra small
all in excellent condition

text or call 0400 288 792

ADMIN TIPS!
• When taking students out of school for appointments: Please have student bring a note to the office first thing in the morning, then the student will be issued with a pass out slip, that they can show their teacher and a class won’t be interrupted.
• When going on holidays, parents should notify the office, not just the coordinators as sometimes the information does not make it to attendance data.
• Also, if picking up a student from sport on Friday please send a note. Several sports are convened out of school and it is difficult to contact teachers on supervision.

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<tr>
<th>Week</th>
<th>Monday</th>
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<tr>
<td>Week 1</td>
<td>06 Oct</td>
<td>HOLIDAY</td>
<td>HELP</td>
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<td>Michelle Robinson</td>
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<td>Jodie Gill</td>
<td>Tony Balkin</td>
<td>Carmel Sharah</td>
<td>Sue Trehare</td>
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<td>Leslie Porter</td>
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