Dear Parent/Carer, Students & Friends of San Clemente

This week San Clemente celebrates World Teachers’ Day. This day is celebrated throughout the world to recognise the great job teachers and support staff do in educating and caring for children. Our school is very fortunate to have such a caring, passionate and talented group of teachers and support staff who work tirelessly to encourage students not only academically but also taking care of their emotional well being. I feel very privileged to be part of such a supportive, compassionate and dedicated team.

To highlight the value of our teachers and support staff, I have asked a small selection of students from Years 7 to 10 to share some thoughts with us about their teachers:

Our teachers at San Clemente are very supportive and kind to everyone. Each teacher has their own personality and are all very unique. They always put a smile on our faces and we wouldn’t be who we are today without them. Paige Harrison, Year 7

The teachers at San Clemente are supportive and kind, you can also go up to them and talk to them if you have any problems. Georgia Warboys & Febe Kuku, Year 7

The teachers here at San Clemente are all so supportive. The mentors have all been so caring, kind and accepting. Every single teacher and staff member have had a significant influence on us and for that we are extremely grateful. Mr. Bckett puts a smile on our faces every time we see him! We have been so lucky to have you as a year coordinator here at SCM. Mr. Kelly, and all of the executive staff have done so much work behind the scenes to make our experience here as enjoyable as it has been. Thank you all so much! Liam Cook, Year 7

The teachers at San Clemente are always ready to listen to what the students have to say. They are also ready to teach us and to look after us with love. Teachers are always willing to lend a hand and to care for anyone that is hurt. We are truly blessed to have such amazing teachers at our school and will forever be grateful for everything they have taught us. Isabella Buman & Tiarne Pizzuto, Year 8

San Clemente has a wide range of wonderful teachers who provide the education we need whilst keeping us enticed. They are all interactive and truly do the best at teaching us everything we know. I couldn’t ask for anyone better than them, no matter how tough they may be. Joshua Hayward, Year 8

Over the past three years at San Clemente the teachers have been very helpful, kind and supportive. They have assisted me whenever I was struggling and allowed me to perform to the very best of my ability academically. I am extremely appreciative of all the time and effort they put in on a daily basis to help me achieve my goals. Patrick Nolan, Year 9

I find that every teacher at San Clemente High School is supportive of my endeavours and want me to achieve well. They always have my best interests at heart and do their best to help me in anyway possible. I appreciate everything they do for me. Genevieve Malone, Year 9

The teachers at San Clemente are a special bunch of people, they all hold the key values to being the best kind of teachers. While overseas I missed the connectivity that you share with these people, ranging from having a good time and laugh to counselling you when you need it. Every staff member gives each and every member of the SCM community equal and mutual respect and kindness and that is the reason I love this school and community so much. Thank you teachers and staff members from every student at San Clemente. Jackson Johnson, Year 10

Along with other staff, the teachers at SCM, both past and present, are lovely people. They are kind-hearted, down to earth people who love teaching us students just as much if not more than they love their own families. Whether it is Maths, Science, HSIE, English, PDHPE or even Religion, the teachers at San Clemente are always providing interesting and fun lessons that all students enjoy. On behalf of all students in the San Clemente community we would like to express our gratitude to all teachers and other staff for their hard work in educating the bright young minds of this school. Nicholas John, Year 10

San Clemente’s teachers are laid back to a certain degree. They put their student’s needs before their own. They push you to get the best out of the four years and they push you to be the best person you can be. They try their absolute hardest to make each and everyone of us happy and be successful in our academics. We have many great relationships with our teachers. They are caring, thoughtful, funny and intelligent. I will miss all of the teachers and the bonds we share. Logan O’Brien, Year 10

San Clemente’s teachers are one of a kind. They are so caring and thoughtful and put their students before themselves always. They take a deep interest in their student’s wellbeing and the year 10 Coordinator is the best. He is funny, caring and always does the best and gives us the best opportunities possible. It will be sad to leave after two years under his guidance. SCM’s teachers will always do the best that they can to make school a fun and safe environment. Claudia Rodney, Year 10

The teachers here at San Clemente school are very welcoming and understanding. They accept every student for who they are and what they believe in. They always make school fun and personally the teachers are one of the main reasons I love this school. Gemma Chircop, Year 10

The staff at San Clemente are always bright and cheerful. They treat every individual equally and always make you feel good about yourself. Because of the teachers, I love coming to school every day knowing they’ll make me smile. Sienna Breen, Year 10

Teachers and support staff—thank you and well done!

Peace and Best Wishes

Tony Kelly, Principal
Assistant Principal, Wellbeing

It is that time of year again when our school needs to begin seriously planning for 2016. This involves a number of different meetings, activities and conversations in order to ensure we are ready for the year ahead. In fact, our planning does not just ensure we are ready for the year ahead but many of our conversations are geared towards how we can keep our school moving forwards in a progressive fashion. Education is rapidly changing in today’s world and it is important that we keep abreast of changes and innovations.

As part of our planning, we are currently beginning the process of selecting the Student Leadership Team for 2016. Last Friday, Year 9 had a leadership day. Mrs Tolfree has written about the day below. A couple of years ago we decided that our school needed to adopt a greater focus on leadership and I wrote an article titled ‘More than a badge: Student Leaders at San Clemente’. “If you google student leadership there are approximately 423 million results! It is a hot topic amongst schools with a myriad of leadership programs and structures in place, ultimately with the aim of providing opportunities for students to make a positive impact within their communities through various avenues. Schools being such busy organisations, it is important the title and role of “Student Leader” not be ignored; leaving aspirational and optimistic students with a badge that does not really translate into action. We feel that we have an obligation to provide valuable and meaningful opportunities for our student leaders, assisting them with their personal growth and in turn, hopefully empowering them to have positive influence over their peers and school community.”

On another note, November 13 is ‘World Kindness Day’. Research has demonstrated kindness to others, even in the smallest of ways, increases one’s wellbeing. So it is true that kindness is good for the heart! Kindness is one of the many aspects of our Positive Education program and this week’s session, scheduled just prior to ‘World Kindness Day’, asks our students to organise a group to complete a task – ‘Random Acts of Kindness’. This involves each student being assigned a member of the group to “stalk” and be kind to them in secrecy! This not only aligns well with our 5 ways wellbeing model, specifically the GIVE aspect, but it also resonates very well with our Catholic ethos.

I would like to finish with a homework task for parents! “World Kindness Day’ asks us to participate in an activity. Similar concepts of this challenge have been explored with our students. Every night for a week, look back at your day and think of three things that went well and write these down. Writing it down allows us to take notice of these good events and this simple activity has been found to provide valuable and meaningful opportunities for our student leaders, assisting them with their personal growth and in turn, hopefully empowering them to have positive influence over their peers and school community.”

Mr Scott Donohoe, Assistant Principal, Wellbeing

Assistant Principal—Teaching & Learning

It is already Week Four and the Semester Two Exams are fast approaching. Year 10 exams are in Week Six and Year 9 exams are in Week Seven. Students in these year groups have been given a hard copy of the exam timetable and it was also emailed home. Year 7 and 8 exams will take place in their lesson time rather than a specified timetable for those subjects choosing to do an exam. To assist in preparation for the exams, official notifications for each exam can be found on the school web site. I encourage all students to be active in preparing for exams by downloading these and organise a study schedule to keep on track. Year 9 and 10 students are also encouraged to be aware of the school exam rules, which are listed on the back of the exam timetables they were given.

This preparation in the lead up to exam week will help alleviate stress and help students become better organised. I am reminded of a quote from Bobby Unser, one of the most successful Indy Car drivers who also drove Formula One, “Success is where preparation and opportunity meet.” These exams are an opportunity for students to succeed if they are willing to do the preparation.

Five study tips to help students prepare;

⇒ Give yourself enough time to study – set out a timetable, cramming is not the best approach,
⇒ Organise a study space – books, light and a desk; remove distractions,
⇒ Practise old exams – this helps students get used to exam formats and timing,
⇒ Snack on ‘brain food’ – keep refuelled with nutritious foods that won’t cause your energy levels to crash, including plenty of water,
⇒ Ask questions leading up to the exams – if you’re unsure on any aspects of a course, get help,

All students are encouraged to keep learning. If they do not understand work then ask for assistance. We start at a zero skill level for everything in life. If you do not understand it’s because you have not learnt it yet. While it is Week Four, there are still many learning opportunities and the race is not over until you cross the finish line. Listen to the feedback given to you by your teachers, and focus on the areas for improvement. One of the most powerful ways to learn is to read regularly. Get into the habit of reading at a particular time of day – perhaps on the way to or from school, before dinner or in the evenings. Remember it’s not that you can’t do it, it’s that you can’t do it yet. A positive attitude towards your learning is the first step to success.

Mr Marc Romano, Assistant Principal, Teaching & Learning

BISHOP’S AWARD

Applications are now called for the 2015 Bishop’s Award. Students currently enrolled in Catholic secondary schools within our diocese in Years 7-11 are invited to collect a Bishop’s Award Information and Application pack. The Bishop’s Award is very generously supported by Bishop Bill and is one of the ways he recognises and encourages the good works of young people within their parishes across our diocese. This may include involvement in groups or agencies such as Caritas, Youth Ministries, St. Vincent de Paul, Mini Vinnie’s or similar church groups.

If students would like to know more information, please contact rose.mcallister@mn.catholic.edu.au

Rose McAllister, Religion Coordinator

Year 7 Parent/Carers
are invited to attend the Year 7 Form Mass on Wednesday 4th of November at 9.00am at St Columban’s Church
Year 10 Matters
The serious side of Term 4 is upon us now. Semester Two examinations for Year 10 commence in just over one week's time on Monday 9th November and conclude on Thursday 12th November. Any student who is absent from an examination will be able to sit that examination on Thursday 11th and Friday 12th November only. It is important that students attend all examinations on the scheduled day. If genuinely sick, an illness/misadventure form needs to be submitted explaining the absence. All Year 10 students received a paper and electronic copy of their examination schedule last week. Continuing with the topic of examinations, it is vital that all Year 10 students prepare thoroughly to ensure they achieve to their full potential. With just over a week to go until Semester examinations commence, students should be studying each night (1 1/2 - 2 hours a night). Studying should involve reviewing notes, making summaries, completing practice questions. It is advisable that studying should occur in a quiet space, away from disruptions (television, computer games, mobile phones and music in the background). A healthy diet, exercise and sleep are also important. Part time jobs are very important, but surely around examination time shifts should be reduced. It is not sensible to work all weekend prior to exams starting or complete a shift at McDonalds from 5pm to 10pm during exams. If your child is struggling with a particular subject/subjects they should seek assistance from their subject teacher.

Although the end of the year is fast approaching it is still important that Year 10 students continue to wear the correct school uniform. The majority of Year 10 are maintaining this standard and I commend them and thank parents for supporting the school. If your son or daughter has any uniform items that are not being passed on to friends or younger siblings and are in reasonable condition, I encourage you to donate them to the school so they can be used by other students in the future.

Finally, many Year 10 students still have text and library books outstanding. All borrowed books must be returned prior to Graduation.

A reminder to Year 10 and parents, if you have any concerns at all (maybe about exams, awareness week or graduation) please contact me at school, 40147300 or at the following email address: patrick.doyle@mn.catholic.edu.au

A final thought Year 10,

“Striving for success without hard work is like trying to harvest where you haven’t planted.”

Patrick Doyle Year 10 Coordinator

Careers Corner
Welcome to the first edition of Careers Corner Term 4. It is going to be a really busy term for Years 9 and 10, with students looking at everything from study skills through to participating in Work Experience and gaining First Aid certificates.

In the classroom:

- **Year 9** – are looking at the art of studying in the lead up to their Yearly Examinations. Students will cover everything from study environments right through to note taking and motivation. Students are encouraged to start organising their subject workbooks/folders now in order to make additional study notes less stressful to prepare.

- **Year 10** – students should be busily preparing for their Work Experience placement in Week 7 (Monday 16th November to Friday 20th November). Students are also asked to complete their Go2workplacement certificates ASAP so that they are ready to start their placement on the Monday of Week 7.

Year 10 are also reminded that the First Aid Training Day will 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 this term.

Year 10 also need to make sure they get the $25 Insurance Fee paid BEFORE any Work Experience placement can commence. This can be paid to the Finance Office before school or during lunch/recess breaks.

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)

Advanced Careers College
The formal season is just around the corner and our students who have almost completed their Diplomas in Beauty Therapy and Hairdressing are seeking students to use their acquired skills on.

The $99 offer applies to student clients only and terms and conditions do apply. If a senior Hairdresser or Beauty Therapist is preferred the cost will be higher. The students and our senior Beauty Therapist and Hairdresser are available on Monday, Tuesday and Wednesday.

Emily Flood, Administration Assistant, Advanced Careers College, 450 Hunter Street, Newcastle NSW 2300
E: reception@advancedcareerscollege.com.au P: (02) 4925 3833 W: www.advancedcareerscollege.com.au
Year 9 News

Year 9 students have been given a hard copy of their exam timetable. This indicates that students are coming to the pointy end of the year. Learning is the core business of any school and effective learning requires commitment and hard work. Sometimes students can be anxious or nervous about assessments and exams. One way to help overcome this is to make sure that you work consistently. Write down answers when revising, rather than just reading over notes. Set a revision timetable and publish it on the fridge, tick it off each night when completed. Experts do not come about from completing the bare minimum. A positive attitude, commitment and a steady work ethic will assist in ensuring academic success.

Last Friday Year 9 were involved in the Leadership Day held at Dixon Park Surf Club. This was the start of the Leadership process for 2016. The day was full of smiling faces, laughter, team work, encouragement and a strong sense of community. Students were very interested to hear the thoughts about leadership by Mr Kelly, Mr Donohoe and Mr Doyle as well as an interactive panel of current year 10 leaders. Nomination forms are available from the front office and completed applications are due by this Friday 30th October at 3pm. A letter next week will be sent to families of Year 9 students outlining in detail the process. I have been very impressed by the number of students who have decided to take the plunge and apply for leadership in 2016. This is an obvious display of a deep sense of connection that students feel at San Clemente and a chance to give back to the school community. I wish all applicants the best.

On Thursday our annual October day was held raising funds and awareness for Catholic Missions. Participation from Year 9 students was impressive and during the school assembly it was great to hand out two Gold awards to Year 9 students.

Congratulations to Isabella Hawke and Jasmine Sullivan.

Although the end of the year is fast approaching it is still important that Year 9 students continue to focus on “getting the little things right”. Respect for one’s self and others, being punctual and wearing the school uniform correctly. The majority of Year 9 are fulfilling these requirements and I applaud them.

High fives:  Luke Costello for his efforts during leadership day

Isabella Hawke and Jasmine Sullivan – Gold award recipients.

Mrs Tolfree, Year 9 Wellbeing Coordinator

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.

Lap Top Chargers are available from the Finance Office for $45.00.

Year 7 News

“What day is it?” asked Pooh.
“It’s today!” squeaked Piglet.
“My favourite day” said Pooh.

Many times in this Newsletter I have talked about the power of Mindfulness. Before you skim to the Year 8 News, stop and consider this: Mindfulness is not the practice of “relaxation” or “meditation”. These can be techniques used to gain Mindfulness but they are not what it is all about. Mindfulness, like Pooh mentions above, is being truly present in the moment, and not thinking too much about past or future. The comparison can be made by how many hours a day ALL of us spend in a “mindless” state. I had a recent example of this when leaving school last week. Following a long meeting at school I began my journey home. Whilst driving I continued to think of the meeting and all the tasks I had to do over the next week. Pulling into my driveway I had the sudden realisation that I had forgotten something. That something was my 4 year old son who I was supposed to pick up at pre-school. Luckily the school is only 5 minutes away and he is none the wiser (I hope!). What does this indicate about my state of mind? Instead of being mindful of my drive home, my thoughts were wondering, out of the moment and I was essentially “mindless”. I see similar behaviour with many of our students in and out of the classroom. I experienced an example recently when a student came to see me with 4 of her friends. Her complaint to me was “I hate school!”. “Stop, and think” I said. Then asked the girl why she had brought these 4 other students. “They are my best friends” she said. Then I asked her to slow down her thoughts and realise, “You come to school every day with 4 of your closest friends?”. For this particular student, her thoughts were racing with tasks, timetables and teachers without stopping to realise that she actually really loves being with her peers in a very supportive environment. How to we stop our thoughts from racing in such a manner? The simple answer is BREATHE. Slowing down our breathing and heart rate can help us clear our thoughts and focus on the NOW. This can also be a great technique when approaching exams or assessment tasks that appear daunting. People who are able to practice Mindfulness effectively will tell you they have a “trigger” that reminds them to breathe. It could be as simple as every time you open a door, or when you see something that reminds you to BREATHE (My trigger is Birds! But don’t judge me.) ReachOut Australia have just introduced a fantastic new App that can assist with practising effective breathing:  http://au.reachout.com/reachout-breathe-app

I look forward to seeing as many parents and carers who may be able to attend the Year 7 Mass on Wednesday at St Columban’s, at 9am. This mass will be for the entire Year group and is another way for our community to Connect as a faith community.

Shout out #1: Whilst Year 7 have been raking in the Gold awards, there are a number of students achieving their first silver awards. Congratulations to these students: Mandela Antonio, Jayce Iobbi, Marissa Moncrieff, Logan Proctor. Of these award recipients a special mention to Joey Matthew. I misplaced his award during our assembly and his name was not called out. Joey thoroughly deserves this award, particularly for a really positive Semester 2. Great Work everyone.

Shout Out #2: Stand by for numerous Gold awards in upcoming Year Assemblies!!!!!!! Also, on behalf of Year 7, I would like to thank all staff who continue to “Take Notice” of our students who are contributing to our community. After our next assembly, Year 7 will have gained 17 Gold Awards. This compares to 2 Gold awards at the same time last year. I think this says much about the fantastic group of students in Year 7 but it also says much about the Connected, Supportive, Active and Giving staff at San Clemente.

Nathan Beckett, Year 7 Wellbeing Coordinator
HSIE News

On Friday 16 October, Year 10 students were involved in a HSIE immersion day. Students who are currently studying Geography visited the Honeysuckle precinct to examine the geographical processes that have occurred as part of urban growth of the area. Students studying History were privileged to hear from Mr Ken Beckett, a Vietnam Veteran, who spoke about his experiences before, during and after the war. Both activities were developed to enrich and bring students learning to life.

Geography Fieldtrip

On Friday the 16th of October, Year 10 Geography students participated in a mandatory fieldwork excursion to experience the Honey-suckle Development Project. We started our journey in Carrington at the edge of the development’s projects 50 hectare area of land and worked our way around the mangroves and over the bridge to Linwood. In Linwood we saw the new developments such as restaurants, cycle paths and Aboriginal sculptures as well as experiencing first-hand the process of urban consolidation. We continued from Linwood through the Marina, Cottage Creek and then finally onto Honeysuckle, seeing all the new infrastructure and reinforcing our gained knowledge of the Honeysuckle Development from our class work. The students had a good time and learnt a lot on the day. Big thanks Mr Doyle, Mr Newman and Mrs Wakely for giving up their time to organise the excursion and accompanying us on the trip.

Jackson Johnson and Lewis Mason

History Guest Speaker

On Friday the 16th of October we had the pleasure of listening to Mr Ken Beckett speak to us about his experiences in the Vietnam War. What a privilege it was! He told us about his experiences in training in the Australian Army as an Infantry man, which he basically described as “we were the people getting shot at”. It was interesting to hear Mr Beckett’s point of view on how his family coped with the reality of him going to war. It must have been very difficult for them, he was so young, only 21.

His father, a World War II Veteran gave him only a few words of advice, before getting shipped to Vietnam, “keep your head down, and don’t volunteer for anything” which held him in good standing as he returned home safely from Vietnam. Before his birth date was drawn, Mr Beckett was in his first year of university studying to become a teacher. The army allowed him to finish off his last 6 months of the year, but after that he travelled to a training camp to begin his training. In his words it was the worst time of the entire journey, 6 months later he was sent to Vietnam to fight. During this time he was living in constant fear for his life and stayed in terrible conditions and lost a few good mates. But he made some great friendships.

We heard many of the students comment that they had learnt a lot from listening to Mr Beckett’s personal experiences. We would like to thank him very much for giving us his time and a small insight into the reality of the Vietnam War, as I understand, it is sometimes very hard for Vietnam Veterans to recount their experiences.

Lily Cassano and Caleb Faragher

I would like to congratulate Year 10 on their involvement in both activities and acknowledge their excellent behaviour.

Leticia Wakely, HSIE Coordinator

Catholic Missions Mass

On Tuesday, Georgia, Paige, Febe and I, with Mr. Beckett, attended the Catholic Mission Mass at Our Lady of Victory Church. During the mass, we watched videos about Madagascar, which is the focus of this year’s funding. We also sang many songs and received the Eucharist. We were later invited to enjoy some refreshments with the rest of the people who attended, in the hall of Our Lady of Victory School. It was a great day and I thoroughly enjoyed attending the mass.

At the mass we watched a short clip about Madagascar and how over 50% of the population does not have access to clean drinking water. This is the main cause of illness and death in the country, with 80% of people not being able to access proper sanitation. Last year alone, over 4,000 children died of treatable diseases such as diarrhea and worms.

Catholic Missions recently purchased 8 toilets and 6 water pumps for a school in Madagascar using the donations from days like Socktober. But still, countless children die from a lack of clean water and sanitation in Madagascar. Learning about this was an eye opening experience.

Please, this Socktober day, be generous and spend some of your change at the stalls around the school to help the thirsty people in Madagascar. As little as 10 cents can make a big difference in the lives of children and their families.

Liam Cook, Year 7
PDHPE News

Students in PDHPE this Semester have been following our PosED theme of – “BE ACTIVE”. Students in Year 10 PASS classes in particular, who are currently completing a practical unit on Beach Fitness. During their practical lessons students have been travelling to local beaches and participating in a range of fitness activities – followed by a refreshing and invigorating swim. (“Take Notice!”) Students are gaining the understanding that we do not necessarily need expensive gym membership or equipment to participate in a healthy fitness regime. Another common excuse for not exercising is often , “I don’t have the time!”. Year 10 PASS students have solved all these issues by following a simple, cheap and very effective training program. The training principle being used is known as HIIT—High Intensity Interval Training. This program in particular focuses on ‘push-ups’ and is designed to train individuals to be able to complete 0 to 100 push ups in one attempt. This program is 3 days a week for 6 weeks but interestingly, most sessions only last 8-9 minutes. This week students completed sets of 21, 25, 21,21 then max. with a 60 sec break. This session only lasted 7 minutes! The other benefit of this program is that students can really notice their improvement. Our top student, Michael Owen, has increased his maximum push ups from 71 to 92. Michael is not far off our goal of 100 and his effort is motivating other students (and his teacher) to strive harder. For more information on this program visit the website: http://www.hundredpushups.com/

Year 7, 8, and 9 students have also maintained their activity levels. PDHPE staff have been using their warm up times to lead students in some interval training which has included short bursts of sit ups, jumping jacks, push ups, sprints, squats, lunges and everybody’s favourite – burpees. Students have surprised themselves with how much they are enjoying these short intervals of rigorous exercise – usually with music pumping in the background. Further to this, students in Year 7 & 8 are completing their skills grading. This involves students completing minor skills tests such as basketball shooting, football passing or cricket throwing. Students will finish these tests with the Beep Test. One of our Year 7 students- Luke Davison finished well over level 12!

Year 10 have just recently completed their Dance assessments. Exam notifications have been handed out with study guides also available online: http://www.mayfieldsanc.catholic.edu.au/curriculum/assessments/year-10-assessments

Just a reminder that there will be PDHPE exams for Year 10 PDHPE and Year 9 & 10 PASS only.

Nathan Beckett. PDHPE

Review and Revise

At least once a week you should go back over the things you've studied in class. Thinking things over can help you to understand the concepts and help you remember when you need them the most.

Quiz Yourself - Get a friend or family member to quiz you on key concepts. Offer to help your friends with their work too. Quizzes are great ways to get confident about what you know and find out what you still need to learn.

Make Your Own Study Materials - Think up some practice exam questions or create your own flash cards to help you study. This way you learn it all twice: once when you make the study materials and once when you use them to revise.


Or come to the Feldt Centre and ask us for help!

Year 9 French Excursion

Last term the Year 9 French class enjoyed a French Day in Sydney. On a lovely spring day we walked from Town Hall Station to Le Grand Café where we had lunch. We had baguettes with ingredients such as ratatouille, goat’s cheese and tarragon. We then visited Abbey’s Bookstore, a specialist language bookstore where students enjoyed seeing all the books available in French. We then saw Les Miserables stage show at the Capitol Theatre, tying in with the students’ study of the French Revolution. It was a delight to accompany this group of students who showed interest and enthusiasm throughout the day. Students who attended were Olivia Clements, Sarah Ditton, Isabella Hawke, Lucy Kim, Ella Magnay, Patrick Nolan, Yangkyi Sangpo, Jasmine Sullivan, Joanna Soo and Imogen Thompson.

Mrs C Churchward, LOTE
The reviews are in and the results are clear, ‘Thicker Than Water’ – the 2015 Drama night was a resounding success. On 28th October, students from the Year 9 and 10 Elective Drama course performed on the Playhouse stage for a captivated audience. They had rehearsed some incredibly challenging dramatic and comedic scenes, and wow – did they show their talents!

All of the students involved represented themselves and the San Clemente community with maturity, strength and expertise. Miss Wilde and myself are so very proud of them all!

An enormous thank you must go to Miss O’Brien, Mrs Marsh and the music students who were amazing on the day. To all staff that worked behind the scenes – we are extremely grateful for your assistance.

Mrs Emma South, Teaching and Learning Coordinator – Creative and Performing Arts
Library and Book Hire Loans

Attention YEAR 10 students: the school year is coming to a swift close and all loans must be returned to school. Please bring your outstanding Library and Book Hire loans to the Library ASAP, or please pay for any lost / damaged items. Students with outstanding loans will not be issued with graduation tickets until all loans are reconciled.

Mrs. Hübner, Library & Book Hire

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@mn.catholic.edu.au for direct debit purchase. Lucky door prizes will be won on the night also.

October 20, 2015
Fr Liam Lawton Australian Visit - CANCELLED

It is with deep sadness and regret that we announce the cancelation of the Australian Tour by Fr Liam Lawton in November 2015.

Liam and his family are grieving the loss of Marie, Liam’s younger sister who recently died of a heart attack.

We thank each and every one of you who have supported this visit. Over the coming weeks we will be refunding all money received for tickets that have been purchased. We apologise for any inconvenience that the cancelation of this tour may have caused.

We look forward to welcoming Fr Liam Lawton to Australia in 2016 to share his extraordinary gift of music.
Often in our society, we are unaware of how our society is affecting us; because it is believed that what is present – is normal or natural. Recently a friend found herself feeling lost in a shopping centre and she wondered if she felt lost because of the place or was it her. She decided to do some reading and discovered large shopping centres are designed to keep you inside them and facilitate a sensation of being lost; which then generates unplanned purchases. But this is so subtle and so deceptive, it showed the awareness on the part of my friend to raise the question and discover the truth. She was willing to accept that she might be the problem, rather than the place. Becoming self-aware means being open and honest with ourselves, this can be confronting, because it may mean in our conscience and memory there are things we need to deal with. This might mean there is someone we need to forgive who has offended us in the past, it might mean there is someone we need to apologise to when we recollect the way we spoke to them. There is nothing quite like having a relationship restored which has been damaged by conflict, misunderstanding or a third party causing pain. Very often it is us who must make the first step to cross the floor, otherwise things remain unchanged. It takes great courage to do this, as we have no certainty things will go well or our words received in the spirit they are delivered. Even if the other person rejects our words and efforts, we can at least know we have done all we could have and who knows that person may respond at a later time. It is also good to be aware that we seldom hold the whole story, if a situation is symbolised by a cube, we may only see three or four sides, while the other sides remain hidden. Sometimes if things don’t especially feel right between yourself and friend, it can be wise to ask “Is everything ok between us? Have I done anything to upset you?” This takes away blame and creates a safe space for conversation to take place, if the other party is open and it removes blame. Friendships and healthy family relationships take work, they need the ingredients of trust, respect, safety and honesty for a high level of well being to be maintained. We are travelling through this life together and we are dependent on others, as others are dependent on us in friendship and in our families. We can access the grace to let go of the failings of others, because we know we have all failed at times; we can forgive others because we have been forgiven by God himself, who loved us enough to send his Son to die and rise for us, so that we may become fully human and fully alive – being able to love God, others and ourselves.

John O’Callaghan, Pastoral Care
As you will be aware we organise several fund raising activities throughout the year. On 30 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.

**Raffle will be drawn on the night**

1st Prize: Helicopter Scenic Flight 1—for 3 people. HeliServices Newcastle & Hunter
2nd Prize: 216 Litre Chest Freezer—Fisher & Paykal
3rd Prize: Raglan Portable BBQ

If you would like to assist in selling of the tickets, please contact rose.mcallister@mn.catholic.edu.au for a booklet.

Wanting to pay for the Trivia Night via direct deposit? Please make payments for your whole table at:
Account Name: CDF – San Clemente High School P&F - Commonwealth Bank, BSB 062815, Acct 00328161, Reference: Agent 5067 (Your Surname). Then email your receipt number, amount paid and names of team members to: rose.mcallister@mn.catholic.edu.au

Dinner can be purchased at ‘The Legend Bistro’ offering Australian and Asian cuisine. The event is open to all ages.

Yours sincerely,
Kevin Fuller, President, P&F Association
Calendar Dates to note
2,4,6 Nov Aspire Auditions
6 Nov Aboriginal Excursion
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
17 Nov Sight & Sound Exhibition 6pm
23 Nov SCM’s Got Talent 7pm
25 Nov—7 Dec Awareness Yr 10s
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 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
Black school winter jacket for sale, never been warn $50.00 size J12 (Phone office)

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. Leave must be applied for if more than 10 days
- 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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<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>Week 5</td>
<td>Liz Thomas</td>
<td>Linda Wetheral</td>
<td>Carmel Sharah</td>
<td>Sue Robertson</td>
<td>HELP</td>
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<td>Week 6</td>
<td>Jody Gill</td>
<td>Michaele Robinson</td>
<td>Lisa Point</td>
<td>Sue Trehare</td>
<td>Carol de Vos</td>
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<td>9 Nov</td>
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