Dear Parent/Carer, Students & Friends of San Clemente

The school community gathered this week and was led in prayer by Father Bill Burston. The Ash Wednesday Liturgy concluded with distribution of the ashes and the launch of the 2014 Project Compassion Appeal. With Ash Wednesday upon us, we start the forty days of Lent.

As we all know, Jesus retreated into the desert for forty days to prepare for His ministry. It was for Him a time of reflection and contemplation. For us, to pass time in the desert means to find occasions when we create a little emptiness and silence around us, rediscover the road to our heart, remove ourselves from the noise of external distractions, enter into contact with the deepest source of our being and faith. Thomas a Kempis offers a traditional perspective when he writes, “Happy and wise is he who endeavours to be during his life, as he wishes to be found at his death”.

On Ash Wednesday, our foreheads are marked with ashes to remind us that life passes away on earth: “Remember you are dust and unto dust you shall return.” The ashes are made from the blessed palms left over from the Palm Sunday celebration of the previous year. These ashes are ‘christened’ with holy water and are scented by exposure to incense. Whilst the ashes symbolise penance and contrition, they are also a reminder that God is gracious and understanding to those who are of goodwill: “For generous and merciful is He, slow to anger and rich in kindness.” (Prophet. Joel. 2:12)

If we are not careful, Lent can be so dreadfully boring if it focuses only on the negative, for who wants to mourn their sins and shortcomings for forty days! Father James Martin SJ., author of My Life with the Saints, has some good advice to offer.

“When it comes to religion, joy has a lousy reputation. When you hear of someone described as ‘religious’ what usually comes to mind is someone who is terrified that somewhere in the world somebody might be having a good time. St Teresa of Avila even prayed, ‘From sombre and solemn people, deliver us, O Lord.’ So today, on Ash Wednesday, instead of going around with a sad look on your face, have a laugh, for God’s sake!” (Adapted)

Mourning our sins is about calling attention to them so that we can discard them; it is about improving our spiritual lives and seeking a closer relationship with God. We should observe Lent, because we want to accentuate the positive influence of the Holy Spirit in our lives and to eliminate the negative influence of sin. So, we have to “Accentuate the positive, Eliminate the negative, Latch onto the affirmative….” and be happy about it!

We ask that You accept us as we are, vulnerable, flawed and in need of your love. May Your Spirit be powerful within us so joy, love and peace may be expressed through the actions of our lives.

“Help me, Lord, to walk this Lent with you wherever you lead.”

Amen.

Peace and Best Wishes

Tony Kelly, Principal
Assistant Principal (Pastoral Care) writes ......

Recently I attended the inaugural Child Online Safety & Protection Conference in Sydney. I was able to listen to a variety of very knowledgeable different speakers about relevant topics in the areas that significantly affect our young people today. Some areas addressed include Strategies for Internet Safety, Cyber-Bullying and Cyber-Safety (including Bystanders and Others Online), Staying Smart Online, Privacy and Technology and Mental Health and Psychological Well-Being to name a few.

What was made clear at this conference was that cyber related matters are the number one issue that schools have to deal with other than academics. What is also very obvious is that technology is not slowing down and the problems associated with it will not go away! Technology is central to the way young people organise their lives and they are constantly connected. It is very much a teenager’s social life and they cannot ‘unplug’ like adults. In saying this, if we limit their experiences with technology, it may increase an adolescent’s vulnerability. Teenagers have varying levels of media digital literacy and many are very trusting of others. This is reflected in their communication online, such as what they post and to whom they post. The reality of adolescent relationships is that the dynamics amongst peer groups are often changing, and while two young people can be best of friends on one day, they can fall out and not be on talking terms the next. As teenagers, their brains are still developing and impulsive choices are often made with online comments that they later deeply regret.

A natural response to a social media issue such as Facebook, for example, is to remove the Facebook site or prohibit use. Research tells us this is not necessarily the answer to a problem and indeed it is not a long term solution. At school, we use our Pastoral Periods to educate students on being safe online and teachers are very conscious of this in the curriculum. For instance, we need to ask our students why they are being asked for information online and reinforce the need to be conscious of who exactly they are communicating with. Online privacy is integral to online safety.

As parents, I encourage you to initiate important conversations with your children about cyber safety. Research has shown that parents begin to step back from this issue with their children at 13-14 years of age. Whilst independence is important for young people, it is vital that parents are still involved through discussions, agreed upon boundaries and behaviours at home (such as not allowing technology in the bedroom overnight), monitoring of their social media use and also being aware of the different Social Networking Sites (SNS) and mobile phone apps that are commonly used by teenagers (Instagram, Snapchat, Kik Messenger, Tumblr etc.). These sites are age restricted, such as Kik Messenger which is 17+, and it is important that we, as adults, are aware of them and the possible risks. While I aim to provide more information on these sites in the future, you are also able to do basic google searches on them and they often have valuable information for parents.

As mentioned earlier, one topic discussed at the conference was that of mental health and psychological well-being. A definition for well-being is “A state of lasting contentment and hopefulness about the future”. One of the strongest predictors of good mental health is hopefulness. We need to assist young people in the art of mindfulness and living in the present and it is also essential we support them in feeling hopeful and optimistic about the future.

We can do this through reinforcing their connectedness at school, knowing and celebrating their different strengths (whatever these may be) and structuring in regular family time, such as weekly rituals.

Finally, I would like to highlight an excellent resource for young people and parents - http://reachout.com/. It is easily the most utilised resource in Australia for young people with over 130, 000 people accessing it every month (this does not include the people reached by social media). Below is some information taken from their website which gives some brief details about how it can assist young people. This resource has been discussed in the past with students and we will be revisiting it soon with them.

“ReachOut.com aims to help young people with all kinds of situations, from everyday stuff, through to coping with tough times. By helping people understand what they are going through, showing them that they are not alone in their experience, and explaining the different help options that are available, ReachOut.com directs people to the support that is right for them. This includes finding and accessing professional help, such as counselling, as well as learning about and using ‘self-help’ strategies. Everything we do is developed with input from experts to ensure that ReachOut.com is effective and safe.”

Scott Donohoe, Assistant Principal, Pastoral Care

Assistant Principal—Curriculum Report

Already we are at the halfway point of Term 1 and most students are finding that the work demands of the various subjects are increasing. This requires students to plan their work.

Last week Year 10 students had the opportunity to attend sessions on Study Skills by presenters from Elevate Education. They gave great common sense advice about how to study. Some of the points made were:

⇒ Put your Assessment commitments on a calendar, so you can plan ahead
⇒ Work consistently – don’t leave all your work until the last moment. In Year 10 that might mean committing yourself to 1-2 hours a day on average
⇒ Develop a Study Timetable
⇒ Keep a balance - include in your study timetable things important to you which are not study, like that favourite TV show, sports training or work commitments
⇒ Remove distractions like your phone or music
⇒ There is always work you can do. If you don’t have specifically assigned work you can always review what you did in class that day or revise previous work

I said in the last newsletter that school is a student’s ‘job’ at the moment. Just as a job provides various rewards for people, so will school, if we do our best to do it well.

In this newsletter is a notice about NAPLAN testing which will take place from May 13 to 15. All students in Years 7 and 9 are expected to take part unless there is good reason for exemption. More information will be provided in the coming weeks. There is often controversy about NAPLAN but it is a useful tool for teachers to be able to identify areas in which students need help. Literacy and numeracy are the absolute basics in learning. If we can be specific about student weaknesses teachers are able to address these areas more effectively.

Interim reports will be issued early in Week 11 with a Parent-Teacher Day scheduled for Wednesday April 30 in Week 1 of Term 2 but if you have concerns about your student please do not hesitate to contact the school.

Mr K Williamson, Assistant Principal, Curriculum
Year 10 News

This week I had the pleasure of attending the launch of Caritas Australia’s Project Compassion. Our four school leaders and myself took part in a wonderful ceremony hosted by St Mary’s Gateshead. (See photo) The major fund raising project this year is to support an Indigenous Community in Central Australia with their efforts in fighting kidney disease. Two ladies spoke at the launch: Sarah Brown, a district nurse who assists the community and Marlene Spencer Nampitjinpa, an Aboriginal elder who regularly travels the eight hours each way from her community to Darwin so that her husband can seek dialysis treatment. Many Aboriginal people suffer kidney disease due to introduced foods and refined sugars. Our students and I sat fascinated by the stories of both of these selfless individuals and felt genuine compassion to their needs and believe this year’s Project Compassion focus to be a truly worthy cause.

It also raised my interest in regard to the word – COMPASSION. Much of my work as a Year Coordinator is to assist students with relationship issues. It seems one characteristic we could all work on is our sense of empathy toward others. Compassion is a higher order emotion and not something that comes naturally. It is not an emotion you are necessarily born with yet it is the one characteristic that can set Mankind apart from other animals. Humans are social beings and for that social context to work effectively and harmoniously we need the ideas of fairness and justice to be central. True Christian compassion, say the Gospels, should extend to all, even to the extent of loving one’s enemies.

Compassion is more than just kindness, and involves a range of attributes, qualities and capacities. The Dalai Lama defines it as a sensitivity to the suffering of others with a commitment to do something about it. He points to two key elements: attention (sensitivity) and motivation (commitment). Interestingly when showing compassion for others we are not being completely selfless. Psychologists now point to compassion as being a powerful emotion that “trains people in particular kinds of attention, thinking, feeling and behaviour to help them transform their experiences of things such as anxiety.” (Search – “Mindfulness” and “Compassion Focused Therapy”). Perhaps as we begin this period of Lent we can truly focus on our ability to show compassion and perhaps we might ultimately be helping ourselves.

Shout Out: To all students and parents who attended the Year 10 Information Night last week I extend a big Thank You. The staff who attended were energised by the support shown by the Year 10 community. It is extremely motivating to see such a collaborative approach to the education of students in Year 10, SCM. We had some very positive feedback from those who attended. Much of the information provided has now been placed on the Year 10 Virtual Classroom. For access to this site, follow Mr Newman’s instructional video. - http://youtube/MUBiSM61Sls

Nathan Beckett, Year 10 Coordinator

Year 9 News

It is hard to believe that we are half way through the term. I would like to congratulate Year 9 on the positive start they have made to the year, especially in the areas of uniform, attitude and application in class.

Last week students in Year 9 were handed a copy of their assessment schedule for the academic year. I also emailed a copy of this to parents and outlined in the email assessment information relating to Year 9. I remind parents that assessment information for Year 9 can be found on the school’s website under the tab ‘Assessment’, then by clicking on the Year 9 icon. Students are also aware of this site and note: all Year 9 assessment tasks and assessment notifications are published in this section. Assistance with assessment tasks is available for all students. Students can approach their teacher, relevant subject coordinator, the Feldt Learning Centre or myself. A reminder to parents and Year 9 students that the school library will be open every Thursday afternoon from 3-4pm for Year 9 and Year 10 students only. Students may use the time to complete homework or work on assessment tasks. It will be staffed by teachers including myself who can assist students with their academic work.

I have been very impressed by the number of Year 9 students who have recently asked me to be a referee for them as they are currently applying for casual employment. I commend their initiative and enthusiasm and wish them all the best in their pursuit of employment and financial independence. I can imagine parents are quietly saying “If only”. What does concern me is the amount of hours some employers expect student employees to work. I encourage parents to monitor the hours your child is working as too many shifts often translate into tiredness at school and a drop in academic performance. Students can also be stressed as they try to juggle assessment tasks, study time, homework and examinations with work. Remember school is your full-time job Year 9!

Important Dates – Please keep the following dates free and avoid planning family holidays and appointments during this period.

Year 9 Semester One Examinations: 26th May – 29th May
Year 9 Semester Two Examinations: 17th Nov – 20th Nov

A reminder to Year 9 and parents, if you have any concerns at all please contact me at school on 4014 7300 or on the following email address: patrick.doyle@mn.catholic.edu.au

A final thought Year 9,

"Look in the dictionary; both determination and effort come before success."

Patrick Doyle Year 9 Coordinator
Year 7 News
What an exciting week for Year 7! While you are reading this newsletter Year 7 will be shooting arrows, rock climbing and soaring to new heights as they tackle the various activities at Southern Cross Outdoor Education Centre.

The theme of Camp is 'Friends—Old and New'. I am sure there will be plenty of stories about their exciting adventures and newly formed friendships when they get home.

Tablets should now be collected from Mrs Doherty in the finance office. If you are having any issues concerning this please contact the school.

Uniform is continuing to be worn to a high standard. Congratulations to the Pastoral Care Groups who are working towards winning the 'Uniform Challenge'! However, please remember nail polish is not allowed and socks must be above the ankle.

If you have any concerns please contact me by email:
meredith.cram@mn.catholic.edu.au or call on 40147300.

Year 7 Quiz: Which Camp activity did Miss Cram find terrifying? The first person to find Miss Cram in the playground will win a prize.

Meredith Cram, Year 7 Coordinator

Year 8 News
How has the term been progressing for year 8? Academically year 8 are in full swing, with a number of assessment tasks underway at present. At our recent year 8 assembly the students were encouraged to organise and publish a homework time allocation roster so that they have a plan in place that they can follow and stick to in order to complete homework and assessment tasks.

Certainly the amount of time needed to spend on homework and assessment task completion will vary from time to time, however, even if the time allocated is spent on ensuring your lunch box and school bag are cleaned out and your pencil case (YES, YOU NEED ONE WITH EQUIPMENT IN IT) is a help. Most students reported during our assembly that mum or dad regularly ask “do you have homework tonight?” or “When are you going to do some homework?” Having this time allocation plan in place will hopefully keep the child honest (if they stick to it) and also parents happy!!

Socially a number of girls have been having friendship difficulties at school this year. Unfortunately being a parent or teacher doesn’t come with a rule book about how to deal with your teenage daughters’ or students’ friendship difficulties. I wish it did!!! It is normal in high school for girls to change friendship groups multiple times. Unfortunately animosity also occurs between girls in teenage years. As a parent it is distressing to see and listen to an upset teenage daughter who is having friendship issues; as a teacher who has the responsibility for the overall care and welfare of Year 8, I also find it distressing to see and listen to. Just because someone chooses to change friendship groups, it doesn’t necessarily indicate that he/she does not wish to be friends with the others anymore. The key is respect. The girls have been encouraged to remember the following when interacting with their peers:

⇒ Changing friendship groups is ok!
⇒ Speak about others the way you would like to be spoken about
⇒ Keep the lines of communication open

⇒ Do not write anything on any social media or text message, email etc to or about someone that you would not say to their face!!

Being a teenager can be really difficult. Lots of research indicates that the quality of relationships between parents and their children is a very significant factor in assisting teenagers deal with the tumultuous teenage years. Listening to your child crying or sounding off about friendship woes can be like torture for a parent. However, recognising that your child is distressed and acknowledging this to them, that what’s happening has caused them distress is a great first step. The second step is encouraging or assisting the child to propose solutions that he or she can implement and the third step.. well… cross your fingers!

Year 8 High fives...
Tara Hipwell has recently been promoted in the Maryland – Shortland Scouts to Assistant Patrol Leader – congratulations! Tara enjoys the social aspects and also learning new skills at Scouts.

Alex Giacarri has been selected for the U14’s Knights team for 2014! Well done.

Jayden Stephens competed at the recent regional Athletics Carnival at Mingara and placed third in Long jump with an outstanding result of 1.54m. Jayden narrowly missed out on reaching the state carnival. A great personal best!

Zane Temperley recently wrapped up another NSW State Title this year as well as getting a Runner Up State Title. As earlier reported Zane participates in Enduro / Off Road racing which takes him all over the State. Zane raced the J2A class this year and two disciplines. Zane is the NSW State JA2 Enduro Champion and the Runner UP NSW State J2A Cross Country / Sprint Champion and he recently received his State Trophies at a Night of Champions in Sydney. Well done Zane!

Until next fortnight

Mrs Tolfree, Year 8 Coordinator

English News
It’s assessment time for our Year 8 and 10 students, who have received assessment notifications and should be in the process of preparing for these tasks in the coming weeks. This preparation should contribute to part of their home study program.

Year 7 and 9 students will receive their assessment notifications in Week 8 and will complete tasks in Week 10. Our students in these years have been spending time in class familiarising themselves with their tablets, including working in OneNote (think a workbook within the tablet) and Obook (a textbook in the tablet). Naturally there are always some initial glitches when working with technology but we are pleased to report that generally our students are most patient and willing to learn. No student is to access games on their tablets during English class. If students complete work early, they may revise notes, read, prepare for assessment tasks, practise for spelling tests, extend their vocabulary; the list is endless. Such tasks could also be attempted during home study sessions.

If there are any questions or concerns regarding assessment, technology or home study please do not hesitate to contact me on the email address below.

Ms K Brennan, English Coordinator
karen.brennan@mn.catholic.edu.au
Creative & Performing Arts (CAPA)

There is an enormous range of opportunities available to students across the Creative and Performing Arts at San Clemente.

Visual Art elective students have been studying photography, including some fabulous underwater photography at Mayfield pool. This Thursday they are able to learn from local Newcastle photographer Shane Williams, who will work with the students on lighting and photography. A very special opportunity for San Clemente students to gain invaluable knowledge from an industry professional. We will publish some of their images in upcoming ‘Veritas’ editions.

Music students are busily preparing a very special piece for Diosounds working with a brand new class set of instruments. The exact nature of our new class set will remain a mystery until the debut of our new ‘orchestra’. School assembly performances continue to provide our students with valuable performance experience.

Students from Year 9 and 10 elective Drama will be attending a Diocesan Theatre Sports day at St Pius X on Wednesday 12th March, and they are sure to impress with their fantastic improvisation skills. Photos, and hopefully images of our trophy, to come.

At a Diocesan level there have been a number of San Clemente students successful in auditioning for Aspire 2014. Aspire invites talented students from across the diocese to audition to develop and enhance their skills through performance opportunities in vocal, instrumentation, drama, dance and strings.

Our Aspire students for 2014 include:
- Vocal Ensemble - Cielle Perrin, Temarah Smith, Year 9
- Stage Band Ensemble - Abe Britz, Year 9
- String Ensemble - Gemma Balkin, Year 7
- Dance Ensemble - Alice Pye, Year 10, Keely Hay, Year 9

Congratulations to you all on this achievement – we are very proud of you!

Mrs Emma South, CAPA Coordinator

SRC NEWS!

This week Project Compassion was launched and in Religious Studies classes students will be learning about the different individuals and communities the project will be reaching in 2014.

Thank you to Miss Di Prinzio and all the Food Technology students who made pancakes for Pancake Tuesday - the sales were excellent. The SRCs meet each second Tuesday to discuss issues around the school and fundraising ideas. This week the team spoke about designing another style of school hat, other than a cap. Several students have already started exploring options.

Each year San Clemente has an Easter Egg Raffle. The SRC received their raffle booklets this week and several keen students have already sold multiple books well done and keep it up.

A Stage 4 school dance was raised at the meeting and while there seemed to be a positive vibe among the students, a date is yet to be confirmed.

SRC Team

Religious Studies News

In Religious Studies classes, students have recapped the importance and significance of Ash Wednesday as marking the beginning of Lent. Ash Wednesday is approximately forty days before Easter; the Year 9 classes have been exploring the Exodus story and can make the link of this significant number of forty to the Israelites wandering for forty years in exile in the desert. The Year 7 classes through exploring the concept of journey, can relate the significant number to the time Jesus spent 40 days tempted in the desert.

Both Year 8 and Year 10 have been focusing on the ‘Good News’ of the Gospels and how Jesus spread a message of love and hope, and despite the strict Jewish practices and cultural aspects of first century Palestine, Jesus had a vision of ‘The Kingdom’ where compassion, equality and justice were at the forefront.

Lent is a time of reflection in preparation for Easter. Traditionally in the Catholic tradition it is a time of fasting, prayer and almsgiving. Often something is given up for the 6 week period before Easter. Like for Muslims practising Ramadan when there is no eating between sun up and sun down, abstaining makes the appreciation level greater when we finally get to enjoy what we have gone without.

Another concept associated with Lent is giving to others, and the realisation that we should feel blessed and extremely fortunate for what we do have, and that not everyone in this country or world is as privileged as us.

It is during this Lenten period that we focus on the good work of Caritas through Project Compassion and the individuals and communities that they are assisting to ‘Have life and have it to the full’ John 10:10. This is the theme for 2014 Project Compassion more information go to: http://www.caritas.org.au/projectcompassion

Teach me, Lord Jesus, to be generous: to serve You as You deserve; to give, not counting the cost; to toil, not asking for rest; to labour, not seeking any reward, save that of knowing that we do Your will.

We pray that, this Lent, we may discover anew the heart of Jesus and be drawn to 'make our home in him' more fully.

That the compassion of Jesus may energise us to appreciate life and bring life to others.
And that we may help one another to come to know Jesus better, and through our actions and attitude bring his message of love to others.

Amen.

Religious Studies assessments in Years 8 to 10 will be due during Week eight. If your son or daughter are having difficulties, I ask that they speak to their classroom teacher.

Class masses: 10.1 - 11th March and 10.2 18th March

Rosemary McAllister, Religious Studies Coordinator
**Indigenous Support at school**

On Tuesday, 25 February, the Indigenous students from Years 7-10 met for a ‘get to know one another’ luncheon. The luncheon was attended also by Louise Campbell, the Aboriginal Education Officer from the Catholic Schools Office (CSO) and Noarelle Hiese from the University of Newcastle (Wollotuka). Noarelle talked about the various programs that SCM will participate in this year for students from Years 7-10 aimed at introducing students to the many possibilities of post-secondary school educational choices; for example TAFE and University courses. She and her team will be coming into SCM throughout the year to run courses with our students and later in the school year, I will be taking the students from Years 9 and 10 to the University for an Immersion Opportunity.


We also have our first planned excursion coming up in April; myself, Mrs McInnes and either Mrs Isherwood or Mrs Deane will be taking the students to the Newcastle Museum for a new exhibition called Women of Wisdom. The exhibition shows images of local women and includes their stories, musings and advice. It demonstrates the strength of Aboriginal women in our community and gives voice to the things they have learned and value. Permission notes will be sent home shortly.

Please follow SCM on Facebook – where I regularly post information and images which are both informative and entertaining for our students and parents/carers.

If you have any questions or you would like to just touch base with me about your child, please feel free to contact me by the email address supplied below.

Mrs AM Kelly, Indigenous Coordinator

anne-marie.Kelly@mn.catholic.edu.au

**Maths News**

We must thank Mr Sindre Garcia who has been doing his practicum at San Clemente for the last 5 weeks and has taken quite a few Maths classes. Mr Garcia will return to Norway soon, the students having benefitted from our international visitor.

If any student wishes to participate in the annual Maths competition, they need to give their name to their Maths teacher. This is a challenging Maths competition, but is an excellent experience for capable Maths students.

Don’t forget that calculators may be purchased from the school for $25. These will be engraved with the student’s name by his/her Maths teacher.

Mrs Patricia Murray (Maths Co-ordinator)

**PD/H/PE and PASS**

The term is well and truly under way. In PD/H/PE the students are all participating in fitness testing. There have been some excellent results, especially in the BEEP test; more encouraging is the overall participation and interest shown by the majority of the students in their own fitness levels. I’d encourage parents to ask their child how they went in the tests and how they might improve their fitness into the future.

All students now know when they have theory lessons and when they have practical lessons. Students may wear sports uniform on practical days. Please ensure that students wear full academic uniform on days when they don’t have practical PD/H/PE or the PASS elective practical. Except of course on Friday, which is sport day.

Another aspect of PD/H/PE and PASS is theory. It might be a good idea to discuss with your child what they are doing in theory lessons, as many of the topics relate to very important health and personal development issues.

**ASSESSMENT ALERT:** All of year 10 in week 7 will complete an in class assessment task on Sports Injuries. This is a major assessment task for the year. The students have been given two weeks notice and should be well prepared for the task; there is a copy of the assessment on the school website. In PD/H/PE we don’t have a lot of written assessment tasks so it’s important that they are completed to a good standard.

**Ski Trip:** Permission notes for Year 9 PASS students to attend the Ski Trip have been handed out. Deposits will be taken from the 17th March.

Mr M Byrne, PD/H/PE, PASS Coordinator
If you have any school related queries regarding NAPLAN, please call Mr K Williamson at school or email: keiran.williamson@mn.catholic.edu.au
Thanks to all the parents and students who came to the **Year 10 Information Evening** last Wednesday. It is always affirming to see the support that our students are receiving from home as we work together with the same goal—success for the students! Thanks to Sophie from **Elevate Education** who spoke to parents about how they can best support the Year 10 students as they work their way through assessments tasks and exams. Sophie had spent a couple of hours with the students during the day looking at how they can get organised with their study, effective techniques and routines, how to stand out on assessment tasks and how to work harder and stop procrastination.

The feedback was 100% positive and most students took tips away to work on. The key is to not try and launch into a study routine of 2 hours per night immediately—especially if the student is coming from little or no previous study. Sophie suggested working on a timetable beginning with blocking out times of NON STUDY first—so sport, work, relaxation, sleep-ins and socialising. Then with a realistic, little steps model, start to introduce times to update study notes, do some extra reading or work on some practice exam questions. Set short term goals of say—I will work on my Science study notes for 15 minutes and then I can have a snack break or watch my favourite TV show. This week I have e-mailed all students a Study Timetable that will help them with their planning. Students will also be receiving a Term Planner courtesy of the P&F where they can note when their assessment tasks are due and when they need to complete sections of them. Thanks also to Mrs Brennan and Mr Newman who also delivered presentations to Year 10 students on the Study Skills day. Students learnt about Essay Writing and IT skills to support them in their education. Good luck to Year 10 students as they work on getting themselves organised in their study routines. Please contact me if you have any questions about the Study Skills day or if you need assistance in getting your child on the right track.

The **2014 Work Experience program** has started for those students in Year 10 considering leaving school at the end of the year. These students will be undertaking a placement in Week 10 this term with further placements in Term 2,3 and 4. All Year 10 students are able to undertake a placement in Term 4—even if they are continuing onto Years 11/12, so I ask future HSC students to wait until then. The potential school leavers will be completing Work Ready and Workplace Health and Safety courses prior to undertaking their placement with an employer they have sourced themselves. This is a very busy and sometimes anxious time for these students as approaching employers who potentially may say ‘no’ to you can be confronting. After meeting these students I am confident they will all undertake successful placements. If you are considering leaving school at the end of this year and have not yet seen me to discuss Work Experience—please come to the Careers Office ASAP.

All Year 10 Careers lessons have now been given a **Careers Interest Test**. The test asks the students questions about their interests and matches their personality with a variety of Careers. The test also provides students with a workbook that we are going to work through in class which maps out their transition plan.

San Clemente has also received a trial password to a website called **WIRL Career**. The website is a Career resources site targeted at Year 9 and 10 students. It currently has over 130 video profiles of different careers. The profiles contain interviews with new graduates as they work in their chosen field. Questions such as what they do, why they chose the career and where and what they studied are answered. The details are as follows: [http://www.wirl.com.au/](http://www.wirl.com.au/)

- **Login**: temp-nhcn
- **Password**: temp01
- **Expires**: 10th March 2014

I would appreciate any student or parent feedback of the resource as the school is considering purchasing the licence for 2014. Please e-mail me at [helen.wilks@mn.catholic.edu.au](mailto:helen.wilks@mn.catholic.edu.au)

**Helen Wilks, Careers Adviser**

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**The Me and The We**

When a society is completely concerned only on the well being of the whole, then the individual disappears. When a society exclusively focuses on the Individual, then community disappears. Charles Murray, in his book, ‘Coming Apart’ has observed the values and virtues which built America have gradually been eroded away over the last fifty years [1960 – 2010].

These are—industriousness, honesty, family and religion.

When we look to build community, meaning strong relationships, compassion, empathy, giving rather than always taking, then we do experience a safe, happier and healthier society. In the giving toward building community – ironically, the individual benefits; but in the quest to place individuals first, those same individuals suffer in the long run, as community is dismantled and a sense of every man, woman and child for themselves takes over. The individual is important, but not at the expense of community, which is meant to benefit all members.

This is something we see as so precious in our school community, it becomes a balance with the needs of the individual being weighed alongside the needs of the community as a whole. It is in the giving that we receive and this message is a counter message to the market place. So often people have commented on the community spirit at our school. It is why students like being here and why staff enjoy working here, as we along with families make up a strong community, where individuals are looked after.

**John O’Callaghan, Pastoral Care**

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**Technology @San Clemente**

During the past weeks there have been various issues with the new tablets introduced to Years 7 and 9. For example, some tablets should have already had a Microsoft account loaded, had not updat ed Firmware, or did not upgrade to the new operating system Windows 8.1. We have been working with students to ensure wi-fi connection, creating shortcuts to MNLive homepage, making sure there is access to the mail application to receive school emails. Our thanks to the Student IT Support Team that operate daily from C2 at lunchtime ([Salem Shaw, Jeremy Grant, Hannah Dudding, Stephanie Tindell-Gambell, Aubrey Woodward, Gene Mansfield](mailto:salem.shaw@mn.catholic.edu.au, jeremy.grant@mn.catholic.edu.au, hannah.dudding@mn.catholic.edu.au, stephanie.tindell-gambell@mn.catholic.edu.au, aubrey.woodward@mn.catholic.edu.au, gene.mansfield@mn.catholic.edu.au)). Students with IT issues should first approach the team, there might be a simple solution.

**Mr S Newman, IT Coordinator**
Calendar Dates to note
School Year 2014
11 Mar DIO Swimming
12 Mar Theatre Sports
12/13 Mar Leadership Team Training
13 Mar DIO Rugby Union
19 Mar Cyber Bullying—Yr 10
19 Mar Harmony Day
19 Mar League Trials U15
20 Mar The Hurting Game—Yr 8
24 Mar Enlighten Educ—Girls Yr 9&10
26 Mar Yr 9 & 10 Music Assessments
27 Mar Immunisation Yr 7 HPV, dTpa, Varicella & 9 Boys HPV
31 Mar Workplace H&S Training (Yr 10s)
3 Apr DIO Boys Football Trials
4 Apr DIO Girls Football Trials
11 Apr Last Day Term 1
28 Apr First Day Term 2
30 Apr Parent Teacher Day/Pupil Free
1 May Dio Touch

Second Hand Uniforms
Size 10, 12 and 14. Some nearly new and the rest in great condition. Ph: 0421630008

Second Hand Uniforms
St Francis Xavier’s College
Do you require second hand uniforms for your student?
We offer a parent to parent contact through our website
This is not a school managed initiative

San Clemente P&F
I would like to thank the parents who attended our first P&F Meeting last Tuesday evening.
Our next meeting will be our AGM on Tuesday 18 March, 7.00pm, in the school Library.
The vacant positions on the committee open for nominations are listed hereunder with a brief description of responsibilities
- President: Chair meetings, work with Secretary to communicate P&F information to all parties.
- Vice-President: Assist President, chair meetings should president be unavailable.
- Secretary: Take meeting minutes, compile reports for school Veritas (Newsletter), monitor inward and outward correspondence.
- Treasurer: Process finances for P&F and report information back to meetings.
- Fundraising Coordinator: Organise and oversee all fundraising activities in association with other committee members.
- Federation Representative: Attend Monthly Federation Meeting and report back to Committee.
We look forward to seeing you on Tuesday 18 March. If you have any questions about P&F matters please call me on 4968 2068 or email kntl@bigpond.com.au

Kevin Fuller, President SCM P&F

San Clemente High School
UNIFORM SHOP
Uniform Shop Phone 49689987 shop hours 0424015192
mob
e-mail san.clemente@bigpond.com
web www.alintaapparel.com.au
NORMAL HOURS
SCHOOL TERM
TUE 8.00-10.00am & WED 8.00-10.00am

Second Hand Uniforms
Size 10, 12 and 14. Some nearly new and the rest in great condition. Ph: 0421630008

UNIFORM SHOP

CANTENE VOLUNTEERS
Always happy to welcome new volunteers??? We would appreciate any spare time (9am-12pm) you can contribute to helping.
Gillian & Toni (Canteen S’vsors)

School Email Contact / School Website
With immediate effect we have been directed to change the user address for emails to the school email address. This is changing from ‘admin@sanclemente.mn.catholic.edu.au’ to admin@mayfieldsanc.catholic.edu.au

CANTEEN VOLUNTEERS

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<tr>
<th>Week</th>
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<td>Week 7</td>
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<td>10 March</td>
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<td>S Valentinis</td>
<td>S Davis</td>
<td>S Roberts</td>
<td>HELP</td>
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<td>Week 8</td>
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<td>T Dunne</td>
<td>C Daniels</td>
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<td>17 Mar</td>
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Why must I send my child to school?

Education in New South Wales is compulsory. This means all children from six years of age and under the minimum school leaving age of 17 are legally required to attend school.

Must my child attend all activities, including daily fitness and sport? YES.

Sport and other physical activities help to keep your children healthy. Children are expected to attend all regular school activities, including sport. Do not keep your child away from school for the following:

- birthdays
- shopping
- minding other children
- routine checkups or care such as hair cuts
- minor family events
- sleeping in.

Medical and other health appointments for your child should be made either before or after school or during the school holidays.

Why is regular attendance at school important?

Regular school attendance will help your child to succeed in later life. Attending school every day makes learning easier for your child and helps children to build and maintain friendships with other children. If your child doesn't learn the basic skills in the early years of school, they may develop learning problems in later years.

Did you know? If students miss as little as eight days in a school term, by the end of primary school they will have missed a year of education.

Must I send my child every day? YES.

It is a condition of enrolment that you send your child to school every day. A small number of absences may be justified if your child has to:

- go to a special religious ceremony
- is required to attend to a serious and/or urgent family situation (eg a funeral)
- is too sick to go to school or has an infectious illness.

Why is arriving at school on time important?

Arriving at school and class on time:

- ensures that your child doesn't miss out on the important learning activities scheduled early in the day when they are most alert

What should I do if my child has to stay away from school?

If your child has to be absent from school, it is important to tell the school and provide a reason for your child's absence. To explain an absence parents and carers may:

- send a note, fax or email to the school
- telephone the school, or
- visit the school.

Principals are legally responsible for keeping accurate records of student attendance.

The Principal of the school has the right to question parents' or carers' requests for their child to be absent from school. Principals
It's not ok to be away!!!

are also responsible for deciding if the reason given for an absence is justified. For this reason, Principals may request medical certificates or other documentation for long or frequent absences explained by parents as being due to illness. If Principals don’t consider an explanation to be satisfactory, they will record the absence as unjustified.

What should I do if our family is going on holiday in school time?

Parents and carers are encouraged not to withdraw their children from school for family holidays. Families should try to arrange holidays during school vacations. If your family holiday is during school time, inform the school Principal in advance and request leave and/or an exemption from school. Depending on the circumstances and how long the leave will be, you may ask the school to provide tasks that can be completed while your child is absent.

My child won't go to school. What should I do?

Here are some suggestions to help:

• Have a set time to be out of bed.
• Have a set time to go to bed.
• Have uniform and school bag ready the night before.
• Make lunches the night before.
• Have a set time for starting/ending breakfast. A routine is important.
• Set time for daily homework activities.

• Turn the television on for a set time and only if appropriate.
• Be firm, children must go to school.
• Provide lots of positive encouragement.
• Be firm, a birthday is not a holiday.
• Time arrival at school to coincide with bell time and leave quickly. If arranged with the teacher beforehand, place your child’s hand into that of the teacher and then leave.
• If you are still having problems after trying some strategies you should contact the Principal as soon as possible to discuss the issue and ask for help.

What if my child continues to have unsatisfactory attendance?

It is important to understand that the Catholic Schools Office may take further action in cases where children of compulsory school age have recurring numbers of unjustified absences from school. This can include requesting that parents and sometimes their child go to a compulsory attendance conference to help identify the barriers to the child’s attendance and implement strategies with parents, the school and other agencies who might be able to assist. If all attempts by schools and systems to improve attendance have been unsuccessful, fines imposed by the Local Court can reach a maximum of 100 penalty points. This is equivalent to a maximum of $11,000.00.

At what age can my child leave school?

All New South Wales students must complete Year 10. After Year 10 and until they turn 17 years of age students must be:

• in school or registered for home schooling, or
• in approved education or training (e.g. TAFE, traineeship, apprenticeship)
• in full-time, paid employment (average 25 hours per week) or in a combination of work, education and/or training.

Further information regarding school attendance
info@mn.catholic.edu.au
IMMUNISATION DAY AT SAN CLEMENTE—27 MARCH

Paperwork will be issued next week to Year 7 & Yr 9 (boys) students

YEAR 7 VACCINATIONS
FREE VACCINES FOR ALL YEAR 7 STUDENTS

Dear Parent/Guardian

Teams of specially trained registered nurses will be visiting your child’s school during Year 7 to offer free vaccinations against serious preventable diseases

VACCINES INCLUDE:
1. Human Papillomavirus (HPV) vaccine (3 doses)
2. Diphtheria-Tetanus-Pertussis (whooping cough) (dTPa) vaccine (1 dose)
3. Varicella (chickenpox) vaccine 1 dose

THESE VACCINES ARE ONLY PROVIDED FREE Whilst your child is in YEAR 7

WHAT DO YOU NEED TO DO?
✓ Year 7 Parent Information Kit will be distributed by your school at the beginning of 1st term
✓ Read the information included in the Kit (translated copies are available on the website below)
✓ ENSURE FORM IS COMPLETED CORRECTLY, AND SIGNED
✓ make sure you tick which vaccines your child requires, see below

Tick the coloured boxes on the front of the consent form for each vaccine/s you would like your child to receive. eg. if you want your child to receive all three vaccines, tick as below.

✓ ensure your child has eaten breakfast the morning of the clinic
✓ ensure your child is wearing clothing that enables the upper arm to be exposed
✓ COMPLETE CONSENT FORMS IN BLUE OR BLACK PEN ONLY

Ask your child for the record of vaccination when they arrive home on the day of the clinic – keep this record in a safe place (eg. babys’ blue book), ideally notify your GP for their records.

WHAT IF YOUR CHILD MISSES A VACCINE?
You won’t need to do anything, every effort will be made to catch-up missed vaccines at other clinics at your child’s school during the year.

MORE QUESTIONS?
Please contact Hunter New England Local Health District, Immunisation Unit on 49246477 or visit http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx