

Week 3 Calendar

TUE 12 May • Chess Club

THU 14 May • Volunteer Expo – Year 11

Important Dates

- 19 May – Business Industry Showcase
- 25-29 May – Yr 11 Semester Exams
- 25-29 May – Yr 12 Retreat

Photo of the Week



*Martin & Jaimi kayaking during
Marine Studies*

Newman on Air...

Keep your TV's tuned to Channel 10 on Sunday when our TV commercial goes to air. It is likely to appear during Video Hits, Gorilla Gardeners and Master Chef. Thank you to all of the students who cooperated during the filming, your efforts are much appreciated.



Principal's Message

Touch Football Success

Congratulations to our open Girls and Boys Touch Football sides who performed so well last Tuesday in the Diocesan Carnival in Port Macquarie.

Our Girls side performed exceptionally well and were unlucky to be knocked out in the semi-final. Our boys team were dominant in their display and won the tournament undefeated.

All should be congratulated including their coaches Mr Marsh, Mr Pares and Mr Hayes for their great efforts. Please see further in this newsletter for a full report.

English Presentation

Thank you to our dedicated English staff for organising presenters from the Players Theatre to do a special workshop on "Cosi" (Year 12 English Text) on Wednesday. By all accounts this was an extremely worthwhile initiative.

School Fees

Thank you to all parents who have so diligently attended to payment of fees this year. As you are aware School Fees are an essential component of the College's ongoing operational budget and 'on-time' payments are critical to the smooth running of the College. Please remember however that if you, at any time, experience difficulty in meeting your fee commitment you should contact the College Business Manager Joady Castles, Parish School Fees Manager Brian Kirkman or myself to discuss eligibility for our Equity Scholarship Scheme.

Mother's Day

Finally, I would like to take this opportunity to wish all Mum's in our College community a very relaxing and happy day on Sunday. I hope that you are sufficiently spoilt and cared for.

Happy Mothers' Day!

Adam Spencer
Principal

Quote of the Week

*God could not be everywhere,
and therefore he made mothers*



Rudyard Kipling

Prayer for All Mothers A Mother's Beatitude

Blessed is the mother who understands her child,
For she shall inherit a kingdom of memories.

Blessed is the mother who knows how to comfort,
for she shall possess a child's devotion.

Blessed is the mother who guides by the path of
righteousness for she shall be proud of her
children.

Blessed is the mother who is never shocked, for
she shall be respected.

Blessed is the mother who emphasised the good
and minimised the bad, for her children shall
follow her Example.

Blessed is the mother who answers questions
honestly, for she shall always be trusted.

Blessed is the mother who treats her children as
she would like to be treated, for her home shall
always be filled with happiness.

*Our very best wishes to all
mothers on their special day.*



English Department News

HSC English

Year 12 students had the opportunity to attend a workshop at the College to assist them with their study of the drama, *Così*.

Lance Thompson and Bev Star, are active members of The Players' Theatre, and they generously gave their time to share their expertise with staff and students.



We learned about how to stage a production, approaches to getting into the role and how directors block performances.

Preliminary English

Preliminary students have received an information sheet about the upcoming English exam in Week 5 of this term. Students now know what content they'll be assessed on and what to study for.

Some preparation will be done in class, but students will also need to study at home.



Coordinating Principal's Message

Year 7 2010 Enrolment Information Nights

Two Enrolment Information Nights will be held this month:

**MONDAY, 18 May starting at 6.30pm in
St Paul's MPC**

**TUESDAY, 19 May starting at 6.30pm in
St Joseph's Regional College Hall**

Parents and prospective students are encouraged to attend.

The format for both evenings will be identical. There will be a presentation of around 45 minutes to commence the evening followed by tours of the school.

Interview booking sheets will be available on the night so parents are encouraged to bring a diary to check their availability and record the time for the interview.

A zoning system is used to distribute students between the two schools.

The St Joseph's Regional College zone is:

The Town Beach area and all areas west of Kooloonbung Creek including the North Shore, Settlement Shores, Wauchope and all rural areas of the upper Hastings. It also includes all areas south of Lake Cathie, including Bonny Hills, the Camden Haven area and Kendall district.

St Paul's High School zone is:

The Lighthouse Beach area, Lake Cathie, Shelly Beach and the Hastings area.

These latter areas have previously been in the St Joseph's Regional College zone but will be progressively moved into the St Paul's High School zone.

If space permits we strive to be flexible with zone changes. Parents wishing to request a zone change are asked to make that request in writing. Even if applying for a zone change, we request parents to attend the Information Night at the school for which your son/daughter is zoned. You are also welcome to attend on both nights if you would like to see the facilities at both schools.

**Jim O'Brien - Coordinating Principal
St Agnes' Parish Secondary Schools**

FUNDRAISER FOR THE SCHOOL ST JUDE'S, TANZANIA

The combined Hastings Rotary Clubs will be hosting a fundraiser for the school of St Jude's which is in Tanzania. There will be a presentation by Gemma Sisia the founder of the school.

When: Tuesday 12 May

Time: 6.30 for 7.00pm

Venue: Wauchope Function Centre
19 Commerce Street Wauchope

Cost: \$20 Adults (\$12.50 Children under 12)

RSVP: Telephone 0417472723



Student Services Report

Touch Football

On Tuesday this week the College had a very successful day at the Lismore Diocesan Touch Football Carnival held at Stuart's Park, Port Macquarie. The girl's side for the very first time qualified for the semi finals and the boy's side went through the whole carnival undefeated.

The girls performed outstandingly well in their round games winning four games and drawing the other. Unfortunately the girls went down narrowly 2-1 to Xavier College from Ballina. Mikala Schultz and Courtney Gordon were rewarded for their efforts by being named in the Lismore Diocesan representative side. Jaimee-Lee Wilesmith was also named in this side as a shadow.

The boys side as previously mentioned went through the entire competition undefeated. They won the eventual final 5-0 against Xavier College in what was described by manner as a dominant performance.

Congratulations to Jake Green who was named Best & Fairest Touch player of the day in the senior boys division. Furthermore; Jake Green, Shaun Carney, Zac Bruen-Ansell, Jarid Bruen-Ansell, Carl Jones, Rehtai Heta were named in the Diocesan Side. Pending injury Vincent Smith may well come into this Diocesan side as well.

I would also like to acknowledge all the boys in the squad; Steven Fox, Edric Smith, Sam McLean, Martin Roods, Josh Osborne who all made massive contributions to our eventual win.

Rugby League

The College would like to wish Shaun Carney & Zac Bruen-Ansell all the best with their selection in the Northern NSW Catholic College's Rugby League Team. The pair will be travelling to Sydney to play in the NSW Catholic Schoolboys Carnival. We hope that both boys press strong claims for further representative honours.

Andrew Marsh
Student Services Manager

Curriculum News

Year 11 Semester Exams

At our College assembly today I spoke to the Year 11 students about the Semester One Examinations that will take place in Week 5 (May 25–29). These exams are one piece of assessment of our Year 11 students' learning in their first semester at the College. As such, all Year 11 students should have begun or should now begin their preparation for these exams through a thorough study program. I have outlined below the procedure for Exam Week and it is important that all students are aware of their responsibilities in regards to the exams.

If students are not scheduled for an examination, they are not required to attend College. However, there will be supervised study rooms for students who have a break between exams or who have transport difficulties and need to remain at the college for normal transport arrangements. **The study sessions are not optional**, any student who has a break between exams or needs to remain at school **MUST** attend the study session and is required to have school/revision work with them for the session. In the times during the exam period that students do not have an exam they are expected to be at home completing their study program.

A timetable of the exams is included in this newsletter. We hope that families will be supportive of this exam period through encouraging their children to prepare thoroughly for this important phase of their education. One addition to the exam timetable will be HSC All My Own Work. There are still some students who are yet to complete this Board of Studies compulsory course and they will be timetabled to do so when they are not timetabled onto an exam.

School Uniform: **Students are required to wear full school uniform during examination week.** Students who are out of uniform will be asked to remain at College for the remainder of the day if they are unable to follow this procedure. Many thanks for your support on this very important issue.

Have a great weekend.

Mark Nunan
Director of Studies

So You Think You Can Dance!

Join the Dance Craze

The newest thing to hit the College is Dance. A Year 11 dance group has been formed and will meet every Thursday between 1.00pm and 1.30pm in the hall. So if you have an interest in Hip Hop or other forms of modern dance come along and join the Newman Dance Group.



Our victorious Boy's Touch Football Side!

Health News

BRAIN DRAIN



The human brain is still developing up until the age of 24 and the brain is made from up to 70% fat. It requires the *finest* quality fats to function brilliantly.

It has only been since the 1980's (birth decade for our current students) that the rise & rise of manufactured food (processed/packaged..) promoting LITE or LOW FAT or even FAT FREE, that we have witnessed the rise & rise of brain malfunctions and body fat. By this we mean the phenomenal rates of depression, ADHD, learning disorders, behavioural problems, obesity & anxiety amongst young people.

Just consider that for millennia mankind has thrived on unrefined fats and oils from oily cold water fish, olives, grass-grazing animals, avocados, tropical coconuts or palm fruits.



If someone in your family has a learning disability or suffers from a mood disorder it is crucial to their wellbeing to *include the finest fats and oils at every meal!*

For example: real yellow butter is so stacked nutritionally with the brain vitamins A, D, E, & K PLUS IT TASTES GREAT!



If you are feeling strained or your brain is drained, eat healthy fats to be sane!

Yours in health & fitness,
Greg & Kerry Gleeson.
C.H.E.K. HLC 3


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For Sale

Be quick to purchase your own copy of the Tastings of the Hastings Cookbook!

These are available from the front office for only \$10 each.



CONNECT TO YOUR FUTURE
Career Advice Australia



Business Industry Showcase

The Business Industry Showcase is on Tuesday May 19 at the Port Macquarie Racecourse from 9.00am to 3.30pm. It looks to be bigger and better than last year!

The Business Industry Showcase will provide an opportunity to investigate vocational pathways and training opportunities. Over 80 employers and training providers, including TAFE, will be available to explain specific employment and training requirements. Exhibitors will provide industry information as well as details on local job opportunities. There will be practical demonstrations and hands on activities for participants from Kempsey to Taree.

The Showcase is open to the public, so parents and young people not involved in the organised school visits are very welcome to attend. Entry is free of charge.

Further information is available by contacting Mid Coast Youth Career Services on 6583 5910.

2009 Volunteer Expo

All Year 11 students will be attending the 2009 Volunteer Expo to be held at Panthers Port Macquarie on Thursday 14 May between 10am-2pm

Follow the Path to Volunteering

- * Learn how to access a variety of Volunteer Services.
- * Find out how local Volunteer Services can assist you.
- * Help your community & learn more about Volunteering.
- * Meet new people & make new friends.
- * Learn new skills & share your experience.
- * Lucky Door Prizes & giveaways on the day.

Parents Welcome



National Volunteer Week®
14-20 May 2007

**Volunteers: Everyday People,
Extraordinary Contribution**