Loving Embrace

We have experienced a number of tragic losses in our community in recent weeks. The loss of our beloved staff member, John Barlow, has been followed by a number of parent deaths. It seems that I have been to more Requiem Masses in recent weeks than Sunday Masses.

At a funeral last Saturday I, along with the staff and students that attended, was moved to tears by the incredible courage and resilience of one of our young Year 11 boys who spoke about the loss of his mother.

He related the story of how as a child he would attempt to climb into his parents bed each evening because he was afraid to sleep on his own. His father would of course always escort him back to his own bed. “I soon worked out that rather than go to my dad’s side of the bed, I would instead go to mum’s. She would put her finger to her lips and quietly allow me to sleep in safety alongside her.”

My lasting memory of my mum will always be her loving embrace. I felt safe and protected.”

There wasn’t a dry eye in the Church. What a beautiful and powerful image.

It caused me to reflect – what “loving embrace” do I provide to those in my care each day? This may be in the simple form of a smile, a compliment, an acknowledgement, a simple gesture of welcome or friendliness. I certainly felt guilty.

Each of us could provide more “loving embraces”.

Please be kind to one another,
Santo Passarello

Our Lady Help of Christians Mass
A wonderful celebration of the Eucharist. Fr Peter Confeggi was inspirational in his homily as he spoke to our College Theme for 2015 of Service and Sacrifice. Pictured below are Rohan Hudson and Patrick Bear of Year 12.
From the Assistant Principal
We have now passed the halfway mark of Term 2 and the mornings have certainly taken on a distinct winter chill. Last Monday we celebrated an excellent Mass for Our Lady Help of Christians. Father Peter Confeggi gave an inspirational address on our 2015 College theme of “Service and Sacrifice” and we also welcomed two guest Principals from Brisbane for the liturgy. On Monday night we hosted the Parramatta Diocesan Parent Representative Council meeting in our Patrician Learning Centre where a large number of parents from across the region gathered to hear two presenters from CEPD speak about Personalised Learning Plans.

On Tuesday evening we held our Year 9 Social Dance with Nagle College. As always, the students were dressed immaculately for the event and their levels of energy and enthusiasm were matched by their dancing prowess and good manners. Congratulations to Mr Taylor and the Year 9 boys and thanks to the large number of staff who attended the evening to assist with supervision and management.

The next fortnight includes several major events including: Year 12 Parent/Teacher Evening on Monday 1 June, Years 8 and 9 Parent/Teacher Evening on Tuesday 2 June, Summer Sports Photos on Thursday 4 June, our first Staff Development Day for 2015 on Friday 5 June, Year 7 Parent/Teacher Evening on Wednesday 10 June and Winter Sports Photos on Thursday 11 June.

In terms of reminders for this fortnight – we again highlight the importance of signing and returning explanation notes for all absences. Year Coordinators are reporting that an increasing number of students are failing to return notes to explain absences and in some cases, contact with parents by phone has been hampered by incorrect phone numbers provided to our front office. Please understand, there are serious implications for the school and parents in cases where unexplained absences accumulate dramatically and we are legally required to pursue these cases, including mandatory reporting to the Catholic Education Office at Parramatta and to other external agencies including Department of Community Services (DOCS) in extreme cases.

On another issue, we have noticed a significant number of students who have not been attired in full and correct winter uniform in the last fortnight. The main problems at the moment relate to blazers and ties. Students need to be proactive in managing their uniform each morning and the usual excuse that they have misplaced their tie or blazer wears thin very quickly when Year Coordinators need to speak to the same students every day. In the workplace, especially where employees have a prescribed uniform or safety gear that must be worn every day, these excuses would simply not be accepted, so we need to train these young men to be ready for this level of expectation or we are doing them a disservice in terms of life skills.

Mr Brian Edmonds

Merit Awards
Congratulations to the following award recipients for this fortnight. These awards will be distributed at upcoming Year and College Assemblies.

Bronze Awards
Levi Doolub 7C18
Tim Menouhos 7C13
Sebastien Michel 7C12

Paul Park 7C16
Finau Pasikala 7C12
Yaswanth Ramesh 7C14
Isaac Rosario 7C16
Damon Siderides 7C14
Isaiah Te Puia 7C12
Siosaia Unga 7C12
Adam Zahra 7C15
Nana Osei Appiah 8D19 2 Awards
Braith Egarchos 8D20
Matthew Mendens 8D22
Tombe Pitia 8D24
Dev Saldanha 8D20
Aidan Villadolid 8D16
Angelo Gunatilaka 9A25
Stephen Izquierdo 9B6
Shivpreet Singh 9A26
Blake Smith 9B3
Jonathan Tabone 9A25
Brock Sperinck 10C3
Leo Simona 10C5

Silver Awards
Matthew Mendens 8D22
Angelo Gunatilaka 9A25
Stephen Izquierdo 9B6
Shivpreet Singh 9A26
Blake Smith 9B3

Gold Awards
Shivpreet Singh 9A26
Brock Sperinck 10C3

Good luck to all for the upcoming fortnight!

Mrs Natacha Warnant, Merit Awards Convenor

Congratulations—State of Origin

Two of our Year 10 students were selected in the NSW U/16 State of Origin team to play Queensland in the curtain-raiser to the main game. Well done to Rocky Togatuki and Joshua Curran.
Our Lady Help of Christians Mass

We are indeed privileged to be in a position to regularly celebrate the Eucharist as a whole school community. On the occasion of the Feast of Our Lady Help of Christians, 1200 students and 100 staff gathered in our College Auditorium. Fr Peter Confeggi celebrated the Mass and was extremely pleased with the participation of the students. Particular thanks to Mr Greg Beacroft, Mr Jim Prendergast, Mrs Karen Davidson, Mr Mark Domars and Mr Anthony Silvestrini. We also need to mention the lovely voices of our female members of staff who sang the beautiful recessional hymn, *Gentle Woman*. 
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From the Director of Studies

AIM High Workshop

Tips on Stress

Thank you to Mrs Tania Hogan for her excellent workshop on Stress Management. Some strategies that she suggested for students were:

- Exercise – go for a run as all that built up energy will be used up and your body can relax
- Breathe – take a series of deep breaths to undo the effects of the stress hormone adrenalin
- Take control – make a plan of action
- Be brain smart and do something that will distract you from the worry

Avoiding Exam Stress

- Be organised – know what you are facing and have a plan to deal with it
- Plan a study timetable – be realistic and flexible
- Revise
- Summarise the topics yourself, do not borrow other people’s notes as they will make no sense to you
- Practise on past papers
- Exercise regularly, eat and sleep well
- Try meditation to help you relax
- If you feel like you are not coping GET HELP
- Who are your “pit crew”? The people who make sure that you are looked after, cared for and are on track?

Just Before the Actual Exam

- Get a good night’s sleep – cramming is not a good strategy if you are not prepared
- Be well equipped – have spare pens, calculators, etc
- Have something nutritious to eat and drink before hand
- Do not hype up on caffeine
- Give yourself plenty of time to get to the exam

The Actual Exam

- Use the reading time wisely
- Read long answer questions first, the brain can start thinking about them
- There are no rules about doing a paper in a particular order – just watch the suggested time allocations for each question
- Use the correct booklets
- Make sure that you are answering the question. Read the question, read the question again, what is the question actually asking you to do?
- Check the verbs
- After you have answered the question, re-read the question and make sure your answer actually addressed and answered the question

Year 10

A year to take a stock of your studies and make decisions about future directions!

For the NSW HSC studying begins in Year 11. To be eligible for the HSC you need to meet the following requirements:

- Complete at least 12 units of preliminary courses in Year 11
- Complete at least 10 units of courses in Year 12, including a 2-unit English Course

For those boys who want to go on to University they need to consider studying subjects that will give them an ATAR (a number between 0.00 and 99.95 with increments of 0.05. The ATAR provides a measure of a student’s overall academic achievement in relation to that of other students and helps universities rank applicants for selection into their courses. To be eligible for an ATAR you must study:

- Eight units of Category A courses
- Two units of English
- Three Board Developed courses of two units or greater
- Four subjects

The ATAR is based on an aggregate of scaled marks in 10 units of ATAR courses comprising your:

- best two units of English
- best eight of the remaining units, which can include up to two units of category B courses.

ATAR myths

It is a myth that choosing certain courses will automatically increase your ATAR. The only thing that counts is how well you have done in all your courses compared to other students. Marks are scaled according to a course’s selected mean. The scaled mean indicates the academic ability of the course candidates, which can change from year to year.

You should choose courses based on your interests, demonstrated abilities and your future career plans.

The only way to get a good ATAR is to:

- study hard
- do your best
- have a good balance between study and other activities

When thinking about your future, answer the following questions:

- Who inspires you?
- What do you like to do?
- What are you good at?
- Who can you talk to about careers?

Brainstorm using this chart:

<table>
<thead>
<tr>
<th>Areas of study that I am interested in and match my personal qualities and skills</th>
<th>Careers that could use my skills?</th>
<th>What courses could I study in TAFE or University?</th>
<th>What subjects could I choose for Years 11 and 12?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interests</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Qualities</td>
<td></td>
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<tr>
<td>Skills</td>
<td></td>
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</tr>
</tbody>
</table>

Come to the Subject Information Evening for Year 11 on 15th June at 7.00pm in the Jubilee Hall to see what subjects are available for study.

Mrs Danuta Paton
Year 7 Science

Year 7 students have been investigating the three states of matter, Solids, Liquids and Gases. The experiments help students see the change of state and properties of the states of matter. Students watch how water can be found as a solid, ice can be found as a liquid and gas can be found as water vapour.

Mrs Melissa Scalone, Science Teacher

Year 10 Visual Arts visit Palm Beach

Recently our Year 10 Visual Arts students went on an excursion to Palm Beach. Inspired by the Sculpture by the Sea exhibition at Bondi last year, our boys began creating their own sculptures that were based on the ocean theme. After completing these sculptures, their works were exhibited on the shores of beautiful Palm Beach. Our students learnt first-hand how installation artists create their 3D artworks and exhibit them. On the day they also experienced the practice of documenting and photographing their Installation Artworks. The boys put their Photography skills to good use and began enthusiastically photographing the sea sculptures they had made. The weather was exceptionally kind to us, boasting a glorious day and the boys were keen and engaged. As a result, we had some great photos presented.

Mrs Josephine Arcella, Visual Arts Department
Year 11 Legal Studies

Our Year 11 Legal Studies class was fortunate enough to visit the Downing Centre Court complex in the Sydney CBD. On arrival at the complex, we were briefed by a member of the Sheriff’s Office on the formalities and protocols to be followed throughout the course of the day. With the assistance of Mrs Lesley Maguire and Ms Charmaine Castellino, we were given the opportunity to venture through the courts, examine the various courtrooms and gain first-hand experience of the legal system at work.

The day proved to be a busy one at the complex with both minor and high profile civil and criminal cases in both the Local and District courts. We were lucky enough to see jury panels in action, witness cross-examinations and the sentencing of accused persons.

The day was a valuable learning experience and has broadened our knowledge of both the Preliminary Legal Studies course and the importance of the law in our society.

Edgar Zambrano and Alex Jovanovic, Legal Studies Students

Mock Trial Wins Again!

Following a significant win in Round 2 of the Law Society’s Mock Trial competition against Girraween Selective School, our team ventured to Blacktown Girls on 28th May to see if we could achieve the same there.

And win we did, keeping our undefeated tag for 2015 intact! Mock trial involves two competing teams from two schools taking on the roles of prosecution or defence in a criminal trial. Christos Floratos (Year 11) took on the role of the accused, charged with dangerous driving occasioning grievous bodily harm. Once again his drama skills came to the fore as he ran rings around the opposing barrister, having the courtroom in stitches at times. He was assisted by Mohak Issar (Year 10), who saw the events leading up to the accident. He also put in a very solid performance under cross-examination. As such, Christos was found to be ‘Not Guilty.’

Our barristers (Daniel Brown and Bailey Broom Year 10) led our witnesses through their examination in chief and this was followed with cross-examination by the barristers from Blacktown Girls. Our instructing solicitor, Rameez Parkar (Year 10), prepared notes for the magistrate and assisted our barristers in preparing their cross-examination of the witnesses in the Girls’ team. Again, they all scored well, with Bailey being singled out for commendation by the Magistrate (a volunteer lawyer from the Law Society). So significant was Bailey’s improvement that he reduced the opposing witness statement to rubble and was called ‘The Machine’ by His Honour.

The entire trial was held together by our Court Officer, Brock Sperinck (Year 10). His job was to maintain order in the court, escort and swear in all the witnesses and ensure court etiquette was observed. Thanks to all the boys for the endless hours of training and preparation. Round 4 should be completed by the end of Term 2...let’s keep the winning streak going!

Mrs Lesley Maguire and Mr Colm McCaughan, Mock Trial Coaches

Bring It On Dance Competition

Our team of 26 students from Year 7 - 12 has been rehearsing enthusiastically and are almost ready for the Heats on Saturday 6th June. We would love as much support as possible on the night as we need YOUR VOTE to qualify for the Finals. The top 3 schools scored by the judges will gain automatic entrance to the Finals. The other 3 Finals positions will be selected by the Crowd on the night using a voting App which you will need to download before the end of the show on your smartphone.

Tickets are available from the College Office NOW for only $15. (Door sales are $20 at the venue.) Get in quickly so you don’t miss out.

Date: Saturday 6th June
Venue: State Sports Centre, Homebush
Time: 6.30pm

Mrs Karen Davidson, Performing Arts Coordinator

Captivate

Congratulations to the Year 9 & Year 10 Students who were selected to attend the Vocal Rehearsal at Xavier College on Tuesday 26th May with over 200 students from other Catholic Schools across the Diocese. The students will be performing at three concerts at the end of term. Tickets are available from (www.trybooking.com/HNSX)

Concert 1 Monday 15th June 7pm, Nagle College
Concert 2 Tuesday 16th June 7pm, Nagle College
Concert 3 Friday 19th June 7pm, Joan Sutherland Performing Arts Centre Penrith

Mrs Karen Davidson, Performing Arts Coordinator
Library and Careers

Author Visit

During Week 5, Australian author Will Kostakis visited our school and ran a series of creative writing workshops with selected Year 9-Year 12 English classes. An excited group of Library Ambassadors and members of Book Club were lucky enough to have morning tea with Will, where he spoke about his latest novel The First Third (2014) and shared his experiences of writing novels as a high school student.

“Will demonstrated how to effectively ‘show and not tell’ in creative writing pieces. He wrote a plain sentence on the board and we deconstructed it as a class group. Will then showed us how to rewrite the sentence using descriptive language devices. We then got an opportunity to write out our own and share them with the group.”

Christos Floratos, Year 11

Book Review - Amogh Ghimire, Year 12

Title: Brave New World
Author: Aldous Huxley
Genre: Dystopian fiction

“In this novel Huxley exposes the threat scientific advancement is to humanity. I would recommend it to everyone as Huxley has an insightful idea of what the future brings.”

5 Stars

IT Help Desk

A reminder to students that the IT help desk is a service provided to assist students who are experiencing difficulty in logging in and printing. This service is available at lunchtime in Library 1 on Wednesdays.

Career Update

During their PC lesson this week, Year 12 attended seminars with representatives from Sydney University and TAFE NSW organised by Miss Grzelj. The TAFE seminar was presented by one of Blacktown TAFE’s most experienced counsellors, Kathy. It was a student centred discussion about the courses available at the several TAFE campuses in Western Sydney. Information booklets are available in the Library for students who are interested in pursuing study at TAFE.

“The talk by Kathy was very helpful because it gave me more of an idea of what I want to do when I finish school. She spoke about future careers in nursing, mechanics, business, photography and much more.”

Curtis Smith, Year 12

The Sydney University seminar was presented by Lavinia and Jackson; two student ambassadors. Jackson Conaty is an ex student, class of 2013, who returned to the College to share his University experiences and give our students some insight into the courses offered at the University of Sydney. Course guides for the University are also available for perusal in the Library.

“The Sydney University talk was a very informative session which gave the entire Year 12 year group a sense of direction about pathways into courses such as speech pathology, business and marketing, dentistry and nursing/midwifery. Lavinia and Jackson gave us insight in the life of a University student.”

William Ong, Year 12

Ms Selina Wong & Mrs Vikki Forrest, Teacher Librarians
Year 9 Social
Our boys were exceptional in their behaviour and participation. Congratulations!
Thursday Sport
SWIMMING

Timothy’s golden stint in pool

TEENAGER TO MAKE A SPLASH AT GLASGOW WORLD CHAMPS

Nick Houghton

NOTHING can hold back Kings Langley’s Timothy Hodge.

The 14-year-old surfer is set to star on the world stage after being named in the Australian men’s swim team to compete at the International Paralympic Committee’s World Championships in Glasgow in July.

What makes Timothy’s story even more amazing is his right foot was amputated when he was four.

The Patrician Brothers’ College Blacktown student developed an affinity for the pool from a young age and has quickly become a name on the Australian team selectors’ radar.

July’s world championships marks one of Timothy’s greatest achievements in his burgeoning career.

The multi-talented swimmer will take on the world’s best when he flies in during the international swim meet.

Timothy will compete in backstroke, breaststroke and freestyle in the S9, SB9 and SM9 classifications.

“Backstroke is the swimmer’s pet stroke. It was his backstroke time which confirmed his spot on the Australian team travelling to Glasgow,” Timothy said.

“I had been working so hard to beat the national qualifying time of 1.06.32 in the 100 metre backstroke,” Timothy said.

“I was running out of official meets to swim at so when I finally clocked a qualifying time of 1.06.14 it was an incredible feeling.”

“I wasn’t expecting to make it so it was a great surprise to earn my spot on the team to the IPC World Championships.”

In 2014 Timothy broke a whopping 44 S9 class records.

“Despite all the time he spends at training he never misses out on his school studies.”

Timothy’s mother Cheryl said she was extremely proud of her son.

“He is so committed to his swimming,” she said.

“Also he works so hard in the pool and the results are testament to his efforts.”

His father and I are so proud of everything he has done both in and out of the pool.”

With the Rio Paralympic Games only a little more than 12 months away, Timothy is focused on making it to the biggest stage.

“Going up against international swimmers at the world championships is going to give me a good idea of where I’m placed coming into an Olympic year,” he said.

To nominate, go to junior sportsstar.com.au.
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25th Anniversary Mass & Morning Tea
Holy Family Primary School, Luddenham are celebrating 25 years!

When: Friday 12 June 2015

Time: 9.15am in the Church - Followed by morning tea in the school hall

RSVP: To Marie, Monica or Despina in the school office. For further information contact the school office on 4773 4485 or email Luddenham@parra.catholic.edu.au

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Located next to school office

Tuesday
8.30am - 3.45pm

Thursday
8.30am - 3.45pm

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