The world recently marked the anniversary of two horrific events - the use of the atomic bomb on the cities of Hiroshima and Nagasaki in Japan. In Hiroshima alone, the bomb is thought to have killed about 140,000 people and the heat blast flattened more than 10 square kilometres of the city. People 50 kilometres away suffered severe burning. Many died in later years from the effects of radiation.

Today in Hiroshima, the Peace Memorial Park is built on the site where the atomic bomb exploded in 1945. The use of the bomb on the city of Hiroshima (and then on Nagasaki 3 days later) allegedly forced the Japanese to surrender and bring the Second World War to a close.

In the year that we as a nation commemorated the tragic loss of so many lives at Gallipoli, it is perhaps timely to reflect on the horrors of war. Can such violence and destruction be justified?

The sad reality is that there have been very few days in our history that we have not been involved in some form of conflict.

Lord, we pray for all who suffer from hatred and prejudice, from abuse and ill-treatment, and for all who are victims of what others do. We pray, too, for the people of violence, that they may change their ways and learn to respect others. We pray for ourselves, that when we face what is negative or evil we may have the courage and generosity to break the cycle of violence, hatred, fear or distrust, and make our own choices and take responsibility for the direction in which we want our lives to go. We pray that we may always do to others as we would wish them to do to us. Amen

Please be kind to one another, Santo Passarello

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"HSC Major Works Exhibition
A wonderful evening showcasing the incredible talents of our Year 12 students. Pictured are Patrick Ross and Rohan Hudson."
From the Assistant Principal
The last fortnight has seen some wintery weather and the most recent wave of influenza has certainly hit our staff and students quite hard. Despite this, the school has been ticking along at a rapid rate and several major events have occurred. Year 11 Retreats at Mittagong were a tremendous success for all concerned. Research and anecdotal feedback gathered across many years confirm that Senior Retreats are among the most powerful and highly-valued experiences that students have during their time in secondary school and this has certainly been our experience at Patrician Brothers' Blacktown in recent years. Meanwhile, Year 12 students have tackled their Trial HSC Examinations with great organisation and determination, coordinators and teachers have been involved in KLA Review processes with Parramatta Catholic Education Office, Year 10 students have been finalising their subject selections for 2016, students in Year 11 have undergone training for the Vinnies Van, and our first grade Rugby League team has been preparing for the finals of the GIO Cup and CCC Cup competitions.
In coming weeks we also look forward to the Year 11 Final Examinations, our annual Sports Presentation Night, the culmination of our Principal’s Writing Challenge and, last but not least, the Year 12 Graduation Mass and Ceremony. These events offer even more opportunities to celebrate the many academic, community and sporting achievements of our students in 2015.
In terms of reminders for parents and students this week - I would like to again urge all parents to check their son’s school diary regularly. The student diary is an important channel for communication between parents and teachers and, more often than not, when students find themselves in serious or ongoing trouble, it turns out that the student diary contained tell-tale signs of problems that could have been prevented or minimised if they had been picked up earlier by either teachers or parents.
The second issue we would like to draw to your attention is that of attendance and punctuality. Whether it be normal classes or special events, students are required to attend all scheduled activities during normal school hours. It is not acceptable for students to pick and choose which events they want to attend - and then pressure their parents to excuse them or sign them out from events that they do not have as much interest in. This mentality is harmful to the students, compromises their learning and undermines school spirit and commitment. We have also been investigating some instances of deliberate lateness, partial truancy and unexplained absences in recent weeks. Unfortunately, these attitudes soon become habits that lead to more serious problems inside and outside school. Your support in this matter would be greatly appreciated

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
Aaron Abbas 7C15
Rohit Bathla 7C17
Alex Kingsley 7C15
Aloha Kolo 7C13

Silver Awards
Connor John O’Brien 7C12
Andrew Wehbe 7C12
Adam Mrazek 9B1
Dennyson Veloso 9B3
Mario Jeremiah 10C19
Pujan Thapa 10C7

Gold Awards
Dennyson Veloso 9B3
Pujan Thapa 10C7

Good luck to all for the upcoming fortnight!

Mrs Natacha Warnant, Merit Awards Convenor

Delany Day Celebrations 2015

On Wednesday 22nd July, Year 10 boys travelled to Delany College, Granville to partake in the Delany Day Celebrations – a day for students to focus and learn more about Bishop Daniel Delany in preparation for WYD 2016 in Poland. It began with meeting all the other Patrician and for the first time Brigidine students over cupcakes and poppers. Once acquainted, the first activity was to swap blazers with another student, stretching further this idea of getting to know each other in an even closer manner. Then after a short prayer, all the students participated in many other activities throughout the day; including trying to create in groups freeze frames of quotes made by Daniel Delany, practicing hymns for mass, brainstorming fundraising ideas to raise money for Ghana, and creating their own crests using chalk on the handball courts. The day concluded with mass then a huge lunch to finish what was a great day of socialising, collaborating and networking, all brought together with the connection and central focus of Bishop Daniel Delany.

Thank you to the following boys who represented the college with pride and humility, it was pleasure to be in your company: Bailey Broom, Daniel Brown, Eneriko Fugawai, Scott Lawless-Burke, Jonah Mercado, Yvan Musni, Aaron Paiva, Tuakore Singapu, Zach Thompson, Haile Zabala.

Mr Anthony Silvestrini
HSC Major Works Exhibition
On Tuesday 21st of July, our school hosted an event highlighting the artistic and musical talents of our senior students. The event was our annual HSC Major Works Exhibition, held in our school hall and staff, students, parents and friends of our school community were invited to attend. The evening showcased the many extraordinary gifts of our senior students. There were five senior groups represented on the evening.

The Year 11 Visual Arts and Photography classes and the Year 12 Visual Arts and Photography classes displayed artworks and we also enjoyed stunning musical performances by the Year 12 Music class.

Year 12 Visual Arts students showcased their Bodies of Work. There was an extraordinary and diverse artistic talent on display. The students have been working hard over the past three terms developing and refining their works. These boys presented works varying from drawings, paintings, printmaking and sculpture.

- **Rohan Hudson** created a series of beautiful, delicate paintings based on the impact of humans on sea life. He incorporated a sculptural and scientific approach to these works.
- **Zane Blake** created sculptural artworks based on his cultural background. He used lino carvings to emboss paper and turned these paper works into sculptures. He also used cane to create wonderful sails and whale tails, which represent the peaceful, humble people of Tonga.
- **Jake Johnston** created highly textured paintings of himself and his father, titled “You and I.” These are larger than life size and show wonderful emotions.
- **Patrick Ross** created exciting ink drawings based on a close friend. He included many symbols, which created a graphic quality.
- **Damanpreet Chadha** painted a large panoramic landscape based on the Flinders Rangers. He also incorporated his past and future.
- **Dominic Gleeson** created an interesting artwork using paint, oil pastels and ceramic pieces. He captured the land which his family stems from. He has titled his work “Remembered Land.”
- **Nooroa Takairangi** placed himself amongst two men he looks up to and produced three wonderful portrait paintings. He said ‘All you see is a face not a story.”
- **Joshua Yondjo** focused on digital art and portraiture. His title was the intriguing “Couch Adventures.” His artwork deals with his community of friendships and their connection through games.
- **Rhys Jones** has used animal skeletons embossed on paper as a metaphor for strength. Rhys said he has dreams to chase, but he will need physical strength to keep going and discover many new ideas.
- **Brock Schneider** has used the artistic practices of David Bromley to paint portraits of his nephew and grandfather. Brock incorporated symbols that related to these two important family members.
- The Year 12 Photography students featured are **Nirat Sridakham, Geo Corriente, Dean Woolley, Mats Kumpulainen, Niko Apelu** and **Liam Musni.** They created various photographs based on landscape, light trails of Sydney at night, an historical home, reflections, self and street photography and its approach to journalism.

Thank you to everyone involved for a wonderful evening.

*Mrs Gretel Collison, Visual Arts Coordinator*
Q & A with Italian International Student
Luca Torrielli from Tortona, Italy

How did you find your time at Patrician Brothers’ College Blacktown?
I have enjoyed this school more than school in Italy. If a student from here went to school in Italy they would not get treated so well. I felt very welcome and part of the Patrician Brothers’ community

What was one thing that Patrician Brothers’ do better compared to school in Italy?
There was two things:
- The variety and range of sports
- The students are much nicer and welcoming.

Was it easy to make friends at Patrician Brothers’?
From day one it was very easy to make friends and this made it very difficult to leave the school and to go home. I wish I could stay at the college longer.

Who was your favourite teacher?
Without a doubt - Mr Benitez (Design and Technology)

As you know Patrician Brothers’ are going to Italy. Is there a possibility that they will see you?
I would love the opportunity to see the boys during their travels, if it can be arranged.

Anything further you would like to say?
Thank you to all the staff and students for such a wonderful welcome and for embracing me as a part of the school.

5 Tips from the Pope on the Internet and TV
During a recent encounter with young people in Sarajevo, Pope Francis gave some practical advice about the use of television, smartphones, computers, tablets.

1. Throw away bad books and switch off harmful programs. “In this age of images, we have to do what was done in the age of books; choose those that make me a good person.” “We need to learn how to choose programs, and this is our responsibility. If I see that a program is not good for me, that it undermines good values and makes me vulgar, or has scenes that aren’t clean, I have to change the channel. Just like what was done in the ‘stone age,’ back when I was young: when a book was good, you read it, but when it harmed you, you threw it away.”

2. Flee from the slavery of computers. Fight against “bad fantasy, the fantasy that kills the soul. If you, who are young, live your life connected to the computer and become a slave to the computer, you lose your freedom. And if you seek material on the computer that is impure, you lose your dignity.” Both on television and on the internet, “there are un-clean things, ranging from pornography to semi-pornography.”

3. Say no to trash TV. Also be careful about “empty shows that don't promote good values: for example, shows that encourage relativism, hedonism, consumerism…. We know that consumerism is a cancer in our society. I will speak about this in the encyclical that will be published at the end of this month.”

4. Computers and TV’s in common areas at home. “Some concerned parents don't allow computers in their children's bedrooms. Computers should be located in the common areas of the home. This is a small help the parents can implement” to prevent their children from being exposed to all types of bad things.

5. No family meals with the cellphone. “Being too attached to computers, to mobile phones, etc. harms the soul and takes away freedom. You become enslaved to them. Many parents have told me that while eating at the table with their family, their children are in another world with their cell-phones.”

Pope Francis ended by saying: “the virtual world is a reality that we cannot ignore. We have to guide it along the right path, because it represents human progress. But when it takes us away from life in common with others, from family life, from social life, and also from sports, the arts…., and we become attached to the computer, then it's something pathological.”
From the Director of Studies

Aim High Workshops
Ex-student Adam Boidin, currently studying a combined Law degree at Sydney University, ran a workshop for the Year 12 students on how to prepare for examinations, essay writing and effective study techniques. As someone who was an all-rounder, achieving Band 6s in every subject he certainly commanded authority and the boys came away knowing that there are no easy pathways to success. On the other hand, they also learnt that they need no “burn out” by being disappointed with their progress, rather to constantly evaluate and think smarter about how they are studying.

Post-Trial HSC Examinations
It is imperative that Year 12 students and parents know that it is school as normal after the trials. There are Major Works to complete, content in subjects to cover, learning to be consolidated, feedback to be given and revision undertaken with a clear focus on correcting weaknesses identified as a result of the Trial HSC. This is where the best work can be done in preparing for the final examinations. There are no more assessment tasks and students can focus solely on internalising what they have learnt. It is also an opportune time to think about career options, organise their UAC on-time applications and check that they have all the logins for the Board of Studies Teaching and Educational Standards (BOStES) website, Students online, in order to access their results in December. This is a less stressful period and therefore more productive. The biggest learning improvement occurs post Trials.

Principal’s Writing Challenge – Service and Sacrifice
All entries will be collected on Wednesday 12th August. Staff judging will occur on Monday 28th August and winners will be announced during a special events assembly on the 14th September. This is a very significant event on our calendar as we come together in a special way to celebrate through writing the school’s theme for the year “Service and Sacrifice”.

Preliminary Examinations
Preliminary examinations will be held from Monday 31st August to Friday 11th September. Year 11 boys must complete the Preliminary Examinations successfully in order to proceed to the HSC course of study. It is imperative to prepare a solid foundation on which to prepare for the HSC. Revision and effective note making should start now. Examination timetables will be issued next week and also put on the College Website. Please make sure that your son is familiar with the timetable and knows exactly when his exams are on. The timetable should be placed in a visible place in the home. Misreading of timetables does not count as an excuse for missing an exam. If there is any problem, please contact the school on 9671 3000.

Mrs Danuta Paton

Library Update

Book Week 2015 - August 22-28

“Books Light Up Our World” is the theme for Book Week 2015. This year marks the 70th Anniversary of the Children’s Book Council of Australia and the College Library wishes to celebrate the joy, wonder and inspiration that books bring to our lives.

To celebrate Book Week, a number of activities have been organised in Week 7. One of the highlights will be Reading Hour, held at 5.30pm on Tuesday 25th August in the College Library. Driven by Australian libraries, The Reading Hour raises the status and visibility of reading and literacy nation-wide, promotes the benefits of reading and storytelling as critical life skills, and unifies the national literacy network working toward Australia becoming a nation of readers. The Library staff and ambassadors will also be asking for book donations to support St Vincent De Paul. These books will be distributed by our students to the homeless via our Vinnies Van program. Please place your donations in the Vinnies donation book bin in the Library.

Other Book Week activities include:
Monday 24 August- Lunchtime Trivia
Tuesday 25 July- Reading Hour
Wednesday 26 July- Homework Centre Afternoon Tea
Thursday 27 July- Raffle drawn for Older Readers’ Book of the Year
Friday 28 July- Lucky Door Prizes

Please see Library staff to register your Trivia team and get involved in all our Book Week activities. There are some great prizes to be won.

Display of the Month
Check out the ‘Crime Fiction’ display featured in the College Library. Borrow a book and delve into the world of fictionalized crime, criminals and their motives. Embark on a suspenseful investigation and follow their detection.

Library Ambassadors 2015

Last week, 7 enthusiastic Year 7 students were chosen as new Library Ambassadors. This week the boys will attend their Library training and induction program. These students actively demonstrate the ideals of our College Theme of Service and Sacrifice by voluntarily giving up their time to assist the library staff and students, in the effective running of the Library.

Congratulations to the following students and we wish them well in their new role:
Zac Baker
Rohit Bathla
Naman Batha
Yannis Clark
Amrit Dhillon
Shivi Kumar
Benjamin Macdonald

Book Review
Shane Chan Myae - Year 7
Title: Full Metal Alchemist Series
Author: Hiromu Arakawa
Genre: Anime
“This series is about Edward and Alphonse who search for a scientific spell to find their old bodies. It is easy for me to read and it’s funny!” 5 Stars

Ms Selina Wong & Mrs Vikki Forrest
Teacher Librarians
Year 11 Retreat

Almost 200 students and 20 staff braved the cold and headed to Mittagong for the Year 11 Retreat Program. It was a wonderful, spiritual experience and a critical component of our faith formation program.

My time at Retreat was surprising. I was looking forward to this retreat because it sounded interesting and reminded me of Year 7 camp. I assumed it would be fun and jovial. It was but yet it was so much more. It was an emotional and spiritually charged event. We arrived at Mittagong Centre. We gathered in one big group before splitting into smaller groups. During these small group sessions, we were able to get to know and understand our group members better through activities such as making masks of ourselves, constructing Mandalas and sharing our family’s relationships with each other. We had lunch every day at 12:30PM and afterwards, were given time to relax. We had the options of playing tennis, shooting some basketballs, playing football and cricket. Afterwards, Year 11 got together again and we proceeded to gather in the Chapel, where we were able to meditate. We were even able to have Mass and confession there. Overall my time at retreat was amazing and revealing. I was able to think about my life so far, my friends and my family. I was able to laugh, I was able to comfort and I was able to further my growth as a young man. Edgar Zambrano, Year 11 Student

Coming into the retreat, I saw the retreat as a very similar ordeal as the Year 7 Camp. A few days with classmates to have fun and do some fun activities. I was right, but it had more to it than that… Way more. The retreat was a spiritual experience where we could find out more about ourselves, our friends and all the people in our lives. We participated in many activities in small groups: making mandalas, making masks representing ourselves and sharing our relationships with our family. We also had activities as a whole group, where we watched a little bit of Shrek, listened to presentations, went to Mass and did some meditation, although it was weird to me that some people snored while they meditated. The greatest moment in the retreat for me was when I read the affirmations that were given to me. It gave me confidence on who I was as a person and it was a great way to end the retreat. The retreat helped me find things about myself that I didn’t even know about. I can see aspects of my life in a different perspective thanks to the retreat. Ford Zapanta, Year 11 Student
MCS Chess 2015

In 2014, Patrician Brothers’ Blacktown came so close to taking out the MCS Chess title. This year meant going that little bit further, and we did!

Spanning 2 Thursdays, 16\textsuperscript{th} July for the Junior Division (Years 7-9) and 23\textsuperscript{rd} July for the Senior Division (Years 10-12), we sent our biggest number of students (30 in total) to compete in the MCS Chess competition for 2015, held once again at St Patrick’s Marist College, Dundas. The Junior Division played under Swiss rules – a system that determines the next opponent from comparing the amount of wins of each team, so by the end, each team is up against a team of a very similar skill level. The Senior Division played under a Round Robin system where each school plays against each other once.

Despite the shock of playing with only 10 minutes instead of the 15 minutes we trained for, our Year 12s A side WON!

Rajvir, Dennis and Miguel played some of the best nail-biting games of chess I’ve had the pleasure to witness and in the end came away victorious with more wins than any other school that day. The College received a lot of 2\textsuperscript{nd} places as well, including out debut Year 7s, which is quite an achievement.

Teams and results:

**Year 7:**
- \textit{Team A}: Pranay Singh, Adrian Perera, Vijay Umarshankar – 2\textsuperscript{nd} Place
- \textit{Team B}: Yaswanth Ramesh, Michael Anthony Tan, Shane Chan Myae

**Year 8:**
- \textit{Team A}: Marsel Garipov, Taylan May, Dev Saldanha – 2\textsuperscript{nd} Place

**Year 9:**
- \textit{Team A}: Samuel Brennan, Rikish Kamboj, Russell Guevara - 3\textsuperscript{rd} Place
- \textit{Team B}: Jonah Tagoai, Karan Singh, Eric Tan

**Year 10:**
- \textit{Team A}: Aaron Prasad, Christopher Addison, Pujan Thapa – 3\textsuperscript{rd} Place
- \textit{Team B}: Kiano Pomente, Brock Sperinck, Neerupan Ganeshaan

**Year 11:**
- \textit{Team A}: Terrell May, Luke Dickson, Ben Moussa – 3\textsuperscript{rd} Place

**Year 12:**
- \textit{Team A}: Rajvir Singh, Marlon Dennis Lomibao Jr, Miguel Ramirez – 1\textsuperscript{st} Place
- \textit{Team B}: Teeshko Mohammedian, Nicholas Wormleaton, Jiasheng Huang – 3\textsuperscript{rd} Place

As always, the boys represented the school with humility and respect while playing highly competitive chess. Next on the agenda is Chess Mania, our own chess tournament where every student in the school is able to participate to see if they can become the best player in the school for 2015. It will commence towards the start of Term 4 so keep listening to the morning announcements, but more importantly come and practice at lunchtimes in F9 at Chess Club!

\textit{Mr Anthony Silvestrini, Coach}
GIO Schoolboy Cup – Round 3 – 22 July 2015
Patrician Brothers’ College, Blacktown vs Matraville Sports High
Pepper Stadium, Penrith

Since our last GIO Cup fixture our Captain Joe Vaegaau has injured his shoulder and is out for the season and Vincennes Fialelei Ausage has injured his ankle and is out for 5 weeks, resulting in a number of changes having to be made for this fixture.

Our opponents, Matraville Sports High School, have been very successful in this competition, having won the trophy on a number of occasions and the coaching staff were expecting a very tough encounter.

The first set of the game set the tone for the rest of the game. Good ground was made by our forwards and on the last tackle a break on the left side of the field followed up by a centering kick saw Ray Maroun score and with the conversion we led 6-0 after 90 seconds.

Tries followed in the 8th, 11th, 15th, 16th and 27th minute and with conversions being landed from all angles the team were able to take a 36-0 lead into the break.

The coaching staff impressed upon the team during half time that they had to continue to mount pressure, forget about the scoreboard and maintain their concentration.

The team followed these instructions to the letter, making very few errors, and the scoreboard continued to tick over, enabling the team to record a very convincing victory.

The support and atmosphere generated by Mr Domars, staff and students from Years 9 and 10 went a long way to ensure the team’s motivation was kept at a high level resulting in a very impressive performance.

The team’s next fixture is a Quarter Final and this result should ensure that we finish on top of the pool which will result in the team having a home game fixture.

The GIO Schoolboy Man of the Match went to Samuel Radovu.

Result:
Patrician Brothers’ College, Blacktown 62
defeated Matraville Sports High 0

Tries – Jonah Metuangaro x 3, Ray Maroun x 2, Samuel Radovu x 2, Jesse Abbott x 2, Toleafoa William Papaliitele, Nicholas Soloa Toomata

Goals – Jarome Luai x 7, Sean O’Sullivan x 2

Man on the Hill
Bring It On Dance Competition

Congratulations to the members of the 2015 Team who performed in the Grand Final of the Bring It On Dance Competition at the State Sports Centre, Sydney Olympic Park. Another valuable performance opportunity for our boys and, despite not achieving a place on the night, some wonderful memories from an entertaining evening. Zane Blake, Siosaia Unga, Jonathan Espinas, Dean Woolley, Ruau Tamarua, Finau Pasikala, Breydan Kooong, Frank Malani, Alfred Uelese, Isaiah Requerme, Terrell Smith, Karlyn Wahi, Paul Tatuaia, Ben Ui, William-Lee Pasitoka, Amos Taia, Jodeci Taia, Jason Fatialofa, Bostyn Mokaraka, Billy Momoisea, Peter Pakoti, Nooroa Takairangi, Desmond Tipene

Mrs Karen Davidson & Mrs Melanie D’Cruz, Bring It On Mentors
Joshua Curran of Year 10 is heading over to Papua New Guinea to compete against their Under 16s National Rugby League team in the Indigenous Young Achievers competition. While out there, Josh and his father David, will be walking the Kokoda Trail in memory of Josh’s pop, Wayne Curran who passed away only 7 weeks ago. The Currans will be visiting terminally ill children in hospitals and orphanages, donating money and clothing.

If you would like to assist with fundraising we are asking for donations of Rugby League training or playing clothing (that is still in good and usable condition). Please give to Samantha Borg in the front office by Friday 28 August.

Nagle College Anniversary Celebrations
Saturday, November 21

There will be a three course dinner, with drinks and entertainment at the Novotel Sydney Norwest, Baulkham Hills, from 6pm to 11pm. The cost is $115.00 per person. (Novotel accommodation is available, if required at a discounted rate of $135.00 per room. Reservations to be made with Novotel Sydney Norwest direct, tel: 9634 9634, mention “Nagle College”.)

Sunday, November 22

There will be an open day at Nagle College, commencing with brunch at 11am, memorabilia displays and concluding with a celebration Mass at 2pm. Bookings for these two events can be made through www.trybooking.com (Select ‘Buy Tickets’, enter ‘Nagle’ in the search box, click on the link for the event you want to book and then follow the online prompts.) More details are available on the Nagle College website: www.nagleblacktown.catholic.edu.au, Facebook and Instagram.

For further enquiries please contact Mary Fairhurst, on 02 88874501 or at nagleevents@parra.catholic.edu.au

Notice from - Our Lady of the Rosary, St Marys
Helen Minol’s Retirement Celebrations

We would love it if you could join the Our Lady of the Rosary School community at one or both of the events we are holding to celebrate Helen’s remarkable achievement of 50 years teaching at OLR and to wish her well for her retirement.

Wednesday 7th October, 2015
Liturgy at the school at 2.00pm followed by afternoon tea.

Saturday 24th October, 2015
6.00pm Mass at the Church followed by a ‘Back to OLR Reunion Experience’ and supper at the school.
RSVP before Friday 11th September, 2015 toolorst-marys@parra.catholic.edu.au
Please spread the word by telling your friends and sending it out on social media so we can get as many past students/staff and friends of Helen’s attending.
We are compiling a book of photos & memories for Helen. If you have any photos, stories, memories or a message that you would like included, please email these by Friday 11th September.

Note: We will also be running tours of the school on the Saturday evening for anyone who would like to have a look around.

Victory for Pats U-14 7’s Rugby!

On Thursday 23rd July, Patrician Brothers travelled to Jones Park, Parramatta, to take part in the MCS Rugby 7’s tournament. Fairfield Patrician Brothers’ played tough football and made us grind out a 20-10 victory. After that, the boys clicked into gear and only one more try was scored against them in the tournament. Some sensational tries were scored, the most noteworthy being Tyler Field leaping between two defenders off the kick off to catch the ball, race away and score. Israel Folau watch out! Tyler, along with Cooper Pereira, ended up being the leading try-scorers for the tournament with 5 each. We blitzed All Saints Liverpool and then Marist Eastwood, before saving our best game for the Grand Final where we disposed of Terra Sancta 45-0. Other highlights included some bone-crunching hits from Mitchell Gardiner and some try-saving steals from Oliver Butler, meaning our defence was just about un-crackable. Congratulations to the boys: Josef Marsters, Miller Tauiliili-Peleasasa, Uinitoni Mataele, Viliami (William) Penesini, Oliver Butcher, Tyler Field, Cooper Pereira, Junior Filimaua Tau and Mitchell Gardiner.

Mr Colm McCaughan, Coach
Careers Update
Blacktown City Council Apprenticeships and Traineeships
Blacktown City Council invites students interested in pursuing a Traineeship or Apprenticeship for 2016 to visit their website at www.blacktown.nsw.gov.au/careers
Apprenticeship opportunities offered include:
- Electrician
- Plumber
- Painter
- Auto-Electrical
- Carpenter
- HVAC Technicians (Air Conditioning and Refrigeration)
- Gardener Heavy Vehicle Plant Mechanic
Traineeship opportunities offered include:
- Financial Services
- Learning and Development/Human Resources
- Corporate Planning
- Arts and Cultural Development (Arts Centre)
- Public Relations
- Childrens Service
- Civil and Open Space Maintenance
- Blacktown City Information Centre
This month’s careers display highlights information regarding career opportunities in apprenticeships and traineeships. Brochures are available outlining the benefits of each and how traineeships and apprenticeships work.

Alphacrucis College
Open Day: Saturday 19th September
Register at www.openday.acu.edu.au
Alphacrucis College is a place where education and exploring faith go hand-in-hand, a place where the Christian faith is translated into a broader concern for the community. AC offers a range of qualifications from vocation training certificates through to postgraduate study. Students without an ATAR can use a diploma or certificate program as a pathway to a bachelor's degree in the following fields:
- Business
- Teaching
- Theology
- Chaplaincy
- Music
- Counselling
- Leadership
- Ministry
- Missions

Ms Selina Wong & Mrs Vikki Forrest

Sport News
Elite Cricket
The elite cricket program has started again, with training being held on Tuesday mornings and Wednesday afternoons throughout Term 3. We are once again fortunate to have the expertise of Grant Lambert, old boy of the college, former NSW Speed Blitz Blues representative and NSW Cricket academy coach, assisting our coaches. We are also fortunate to welcome another old boy into the coaching ranks, Tarik Viswasam, current Blacktown Grade cricketer who has been working on improving our teams fitness and fielding abilities. All players should make themselves available for this excellent opportunity.

2015 IPC World Championships
Congratulations to Timothy Hodge who swam at his first Open Age international swim meet in July. The competition was held in Glasgow, and Tim competed in 6 individual events and the 4 x 50m medley relay. Tim swam in the 100m Back, 100m Butt, 100m Free, 50m free, 200m IM, 400m free, medley relay.
He swam PB’s in the 50m & 100m freestyle. His time in the 50m freestyle, 27.96 was an Australian age record in 50m freestyle eclipsing the current 50m freestyle world record holder Matt Cowdrey’s swim at the same age. He also qualified for the semi-finals in all 6 of his individual events, culminating in a 6th place in the 100m backstroke final.
He is a current member of the Tokyo Paralympic development squad and is looking forward to competing at the Pacific Schools Games in Adelaide in November 2015.
Congratulations Tim.

NSWRL State Knockout
The college recently entered teams in the Schools with Rugby League Programs division of the NSWRL State Knockout in the U13, 14, 15 and 16 divisions. This competition saw us compete against the best Catholic and Sports High Schools in NSW. Our U15 and U16 teams were Semi Finalists. Our U13 and U14 side won their Grand Final and were crowned State Champions. Congratulations to all of the players and coaches for their hard work and dedication in 2015. We look forward to our Senior A Grade continuing this success in the NSWCCC Cup and the National Schoolboys GIO Cup #gopatties

MCS Touch Football
Round 2 v Dundas

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Round 3 v Fairfield

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MCS AFL
RD3 v St John Paul II

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Mr Heath Borg, MCS Coordinator
Building Update
Our brand new wood, metal, visual arts, drama, hospitality, food technology and agile spaces are progressing well! Excitement is building!
Counsellors Corner
Teenagers and Sleep
Sleep is a basic drive of nature, and getting enough sleep is vital for our physical and mental wellbeing. During sleep, many important bodily functions and brain activities occur. Sleep is, in essence, food for the brain. Good sleep helps us think more clearly, complete tasks better and enjoy everyday life more fully.
Research shows that teenagers need between 9.5 and 10 hours of sleep each night to function best, although for some, 8.5 hours is enough. Most teenagers do not get enough sleep. Studies have found that insufficient sleep can have the following negative effects for teens:

**Poor school performance** - ongoing sleep deprivation can cause memory and concentration problems resulting in difficulty learning and poor academic performance

**Negative moods** - too little sleep may contribute to mood swings, anger, sadness, depression and behavioural problems

**Increased stimulant use** - to deal with tiredness and drowsiness caused by sleep deprivation, some teenagers use alcohol, caffeine, nicotine and some illicit stimulant drugs which can make things worse

**Increased risk of accidental injuries and death** - drowsiness and fatigue have been identified as the principal cause of many traffic accidents involving teens and young adults. Sleep deficiency can impair our immune system leading to more frequent illnesses. It can also contribute to weight gain because a sleep deprived person is more likely to crave unhealthy food like sweets or fried food.

*Following are some things that may help you to sleep better:*

- **Make sleep a priority!** Even mild sleepiness can have a negative impact on your mood and impact on your life. Decide what you need to change to get enough sleep, make an action plan and stick to it. Keeping a sleep diary can also help

- **Establish a regular bedtime and waking up schedule** - try to maintain this schedule as closely as you can on weekends and vacations. A consistent sleep schedule will allow your body to get in sync with its natural patterns

- **Wake up with bright light** - bright light in the morning signals to your body that it's time to get going

- **Develop a calming bedtime routine** - focus on quiet, soothing activities, such as reading, or listening to soft music or having a warm bath

- **Keep the lights low** - if you are feeling tense, relaxation and stress management techniques can help you enter a calmer state

- **Don't nap too much** - naps of more than 30 minutes during the day or too close to bedtime can interfere with your regular sleep

- **Create the right sleeping environment** - people sleep best in a dark, quiet room that is slightly on the cool side

- **Exercise regularly** - but try to avoid rigorous exercises late in the evening

- **Avoid stimulants** - don't drink beverages with caffeine, such as coke, tea or coffee, after 4 pm. Nicotine is also a stimulant, so quitting smoking may help you sleep better. Drinking alcohol in the evening can also cause a person to be restless and wake up during the night

References.

A.Wolfson and M. Carskadon: *Sleep Schedules and Daytime Functioning in Adolescents,* Child Development, August 1998, vol 69, number 4

Ms Linda Cassell, School Counsellor

Results – 2015 Athletics Carnival

**Athletic Trophy – Overall Winner**
1. Massey 3008
2. Delany 2966
3. Histon 2918
4. MacKillop 2260

**Age Champions**

- 12s: Wallace Toe - Massey
- 13s: Samuel Loizou - Delany
- 14s: Nicholas Zakhis - Massey
- 15s: Aku Makki - Delany
- 16s: Luke Zaurrini - Histon
- 17s: Joel Wheatley - MacKillop

Opens: Jarome Luai - Delany

**New Records**

- 15s: Benjamin Tait - Discus 41.12m - Massey
- 15s: Aku Makki - High Jump 1.81m - Delany

Opens: Anas Abu Ganaba - 100m 10.80s - Histon

**House Participation**

- **Cleanliness**
  1. Delany
  2. Histon
  3. MacKillop
  4. Massey

- **War Cry**
  1. MacKillop
  2. Histon
  3. Delany
  4. Massey

- **Attendance**
  1. MacKillop
  2. Histon
  3. Delany
  4. Massey

- **Costume**
  1. Delany
  2. MacKillop
  3. Histon
  4. Massey
NSW State Rugby League Champions 2015
U13 & U14
THE experience of playing in front of big crowds has fired up Parramatta Eels junior Josh Curran to chase his NRL dream.

Josh played in front of 35,000 people in the under-16 State of Origin clash, the curtain-raiser to Origin I at ANZ Stadium, and led the NSW Indigenous under-16 side before the NRL Indigenous All Stars game on the Gold Coast.

“It was good to play on a big stadium at such a young age,” the 16-year-old said.

“It was exciting to run out on to ANZ Stadium in front of a big crowd ... and it inspires me to get to NRL level.”

Josh was coached by Danny Buderus in the under-16 Origin game, and the young second-rower and lock also received feedback from Andrew Johns in the lead-up to the game.

“It was great because you knew that they know what they’re talking about, so you listened,” Josh said.

“Andrew told us how physical and fast Origin is and how it is a different game to club football.”

Josh started playing rugby league when he was three years old with the Merrilands Rams and joined the Hills Bulls when he was 11.

He has been part of the Eels Harold Matthews Cup under-16 team for the past two seasons and will try to crack the club’s SG Ball under-18 side next year.

“It was great being part of the team and getting to train and play with them,” Josh said.

“Getting to the grand final was a great experience.

“My time with the Eels has been good as they teach you what you need to do to get to the top level.”

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AVS Security
AVS Security specialises in large crowd control security around Sydney. AVS Security is the security provider for over 150 venues within the hospitality industry along with multiple stadiums, including WIN Jubilee. AVS is heavily involved within the sporting community from grass roots through to elite level and honoured to have Brad Fittler, Nathan Hindmarsh and Socceroo goalkeeper, Matty Ryan as Ambassadors.

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GIO Australian Schoolboy Cup
Quarter-Final
11.00am, Tuesday 18 August
V Endeavour Sports High
@ Jubilee Oval, Kogarah

Attractive Painting and Decorating

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Located next to school office

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8.30am - 3.45pm

Thursday
8.30am - 3.45pm

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