



eCollege News



FROM THE COLLEGE PRINCIPAL

Inclusion

The Gospel readings at Sunday Masses have centred on **Eucharist**. While this means thanksgiving, it also means much more. It means **inclusion**. Our lives are confronted with many examples of exclusion and alienation that runs against the richness of Eucharist. In the Body of Christ we are equal and are treated with respect and compassion. In this Christian community we are challenged to live inclusively and peacefully. How do we really live out our Christian vocation? Let us spend time reflecting on the ways we really treat each other.

In recent weeks we have been challenged to understand the subtle ways in which racism infiltrates our lives. Do we stand silently aside and watch, or do we stand up and be a voice for justice? While Adam Goodes has taken the brunt of this racist behavior, this issue of racism in our society is like a sleeping giant unless we stand as one and say, "enough is enough". It was fantastic to see footballers from all age groups around the country stand up for justice and humanity. As we receive Eucharist this Sunday, will our hearts be opened to embrace all our sisters and brothers? Furthermore, are we as a nation humble enough to embrace our Indigenous sisters and brothers integral involvement in real recognition in the Constitution? This act would be about real reconciliation.

This week we commemorated the 70th anniversary of the travesty of the bombing of Hiroshima and Nagasaki with nuclear bombs. We have a sister school relationship with Isahaya Commercial High School in the Nagasaki Prefecture. As a Eucharistic community we need to stand for peace and reconciliation so that we never have such a tragic event again.

I thank very much all the families who hosted our exchange students, all of whom want to return and further enjoy our great country. This response is testimony to the wonderful welcome and hospitality given to them by our host families. You have been "Eucharist" for them. Thank you for the warm welcome you gave to the students from Isahaya Commercial High School.

At the finals of the Catholic Schools Debating Competition St Andrews College was awarded the prestigious trophy for the "best and fairest" school for 2015. This great award honours all our debaters, helpers and staff who generously gave time and energy each week of the debating season. I thank, again, our coordinator of debating, Ms Emily Pett, who ensured everything ran smoothly and more importantly that visiting schools were welcomed graciously. Congratulations on a fantastic debating season 2015.

Each year students nominate for the "Step up into Teaching" Program. The college has a rich tradition in having students take this Australian Catholic University course. Harriette Konta has been successful in her application for this program. Congratulations, Harriette!

Are we creating a "Eucharistic" atmosphere here at St Andrews College where each person is valued equally? Nourished by the Eucharist, do we stand for justice against racism and all forms of alienation and dislocation?

**God Bless you,
Nicholas Vidot
Principal**



Faith in Christ is the College motto.

*Faith in Christ gives us our
sense of meaning and purpose.*

Coming Events

10th—11th August	18th August
Staff Professional Learning Days	Year 8 Mass
Students do not attend school	11.50am 12.40pm
	Polish Church
	Parents are invited to attend
12th August	Year 8 into Year 9
Year 9/2016 Elective Information Evening 6pm Junior Campus	Electives Due
Student Forum	19th August
	Year 8
Mufti Day	Reflection Day
Sport Jersey	24th August – 4th September
	Year 11
13th August	Preliminary Exams
Year 7 Science Australian Reptile Display Incursion	26th August – 28th August
	Year 9 Camp
14th August	27th August
Athletics Carnival	Year 10 UWS Fast Forward Uni Day
17th August	Year 12 Bstreet Smart Excursion
Year 10 Brent Saunders Guest Speaker	

FROM THE ASSISTANT PRINCIPAL STUDENTS

Your child and sleep

It is quite usual to see students at the College looking tired. There are many reasons for that but one of the biggest is a lack of sleep. The following article helps parents and students understand the importance of sleep and the side effects of a lack of sleep.

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Teenagers_and_sleep

“Adolescents (teenagers) need between nine and ten hours of sleep every night. Regularly not getting enough sleep (chronic sleep deprivation) can affect a teenager's academic and sporting performance and may increase their risk of emotional problems such as depression. Even 30 minutes of extra sleep each night makes a difference.”

The article suggests that the main causes of sleep deprivation include:

- Hormonal time shift
- Hectic after-school schedule
- Leisure activities
- Light exposure
- Social attitudes
- Sleep disorders

Effects of sleep deprivation

They suggest that some of the effects of chronic (ongoing) sleep deprivation may include:

- Concentration difficulties
- Mentally 'drifting off' in class
- Shortened attention span
- Memory impairment
- Poor decision making

Athletics Carnival

A note was distributed today outlining arrangements for the Athletics Carnival. To clarify some of the information contained:

All students are to arrive at the Junior Campus by **8.30am**. Students will be transported by bus to and from the carnival.

Those wishing to compete to go the next level will be departing on the first buses.

There is a tear off slip if parents wish to transport their child to the carnival which needs to be returned to Mr O'Kane via Learning Group on Thursday.

A new letter clearly outlining details will be distributed on Wednesday morning.

- Lack of enthusiasm
- Moodiness and aggression
- Depression
- Reduced academic performance
- Increased number of 'sick days' from school because of tiredness
- Truancy

Preventing sleep deprivation – tips for parents

Some of their suggestions include:

- Allow your child to sleep in on the weekends
 - Encourage an early night every Sunday
 - Decide together on appropriate time limits for any stimulating activity such as homework, television or computer games
 - Encourage restful activities during the evening, such as reading
 - Assess your child's weekly schedule together and see if they are overcommitted
- (Continued over page)*

FROM THE ASSISTANT PRINCIPAL STUDENTS

Preventing sleep deprivation – tips for teenagers

Some of their suggestions include:

- Choose a relaxing bedtime routine
- Avoid loud music, homework, computer games or any other activity that gets your mind racing for about an hour before bedtime
- Keep your room dark at night
- Try to avoid watching television right before bed
- In the morning, expose your eyes to lots of light to help wake up your brain
- Do the same bedtime routine every night for at least four weeks to make your brain associate this routine with going to sleep

Other issues to consider

- Avoid having any food or drink that contains caffeine after dinnertime — this includes coffee, tea, cola drinks and chocolate
- Avoid recreational drugs (including alcohol, tobacco and cannabis) as they can cause you to have broken and poor quality sleep

Things to remember

- Sleep research suggests that a teenager needs between nine and ten hours of sleep every night
- Chronic sleep deprivation can have dramatic effects on a teenager's life, including reduced academic performance at school
- Even 30 minutes of extra sleep each night makes a difference
- All recreational drugs (including alcohol, caffeinated drinks and cannabis) and chocolate can cause broken sleep

For more information about sleep please read the article or contact the College.

Parent/Teacher/Student night

I would like to thank all the parents who made the effort to come out into the cold to attend Parent/Teacher/Student night. I enjoyed meeting many parents and discussing the achievements of their children.

These nights are very important in making the students and families aware of their academic performance. Getting feedback from teachers and discussing strengths and weaknesses allows students to analyse their performance and make adjustments to their learning to achieve the best that they can.

For the families that were unable to attend the evenings, please make an effort to contact your children's teachers to discuss their performance at the College. Please remember that the staff at the College are always willing to work with families for the best outcomes for your children.

God Bless

Nick Thrum

Assistant Principal - Students



FROM THE ASSISTANT PRINCIPAL LEARNING AND TEACHING

Year 12 students are nearing the end of their Trial HSC Examinations. As students start to receive their marks and feedback from their teachers, it is important to dedicate some time to evaluate and reflect on the preparation and efforts put into the Examinations.

Students should ask themselves:

- How did I study? – Did this work for me?
- Did I prepare using the resources available to me? – Syllabus content and skills, online multiple choice, past papers.
- How did I prepare the night before? – Did I get enough sleep?
- Did I come with the right attitude? – Confident and prepared, calm and with “no regrets”.
- How can I learn from the mistakes I have made? – Did I make silly errors? Did I read the question properly?
- What am I going to do with the feedback my teachers give? - Have I really listened and taken this feedback on board?
- Did I prepare under exam conditions? Did I factor in suggested time allocations for essay and multiple choice sections?

Once you have reflected on these questions you should make a list of things you can change and set up a plan for the final weeks before the HSC.

Practical Examinations in Drama, Languages and Music are fast approaching as well as deadlines for Major Projects. We wish these students all the very best as they prepare for a major component of their HSC assessment.

Year 11 students have been given their Examination Timetables. A few reminders for exams are as follows:

- Students are reminded that they must follow the assessment guidelines regarding illness/misadventure if they are absent for any examination.
- All students should arrive at least 20 minutes earlier than the scheduled start time of an examination.
- Students are NOT permitted to bring mobile devices into the exam room and pens/pencils etc. must be in a clear plastic sleeve or clear plastic bag.
- Students are required to be at school for their examinations and must stay at school if they have a morning and afternoon exam. In the case a student only has one exam on the day, they are permitted to come in late or leave early.
- The library is available for students who wish to make use of a quiet study space.
- Morning Sessions commence: 8.45am You must be at school by 8.25am
- Afternoon Sessions commence: 12.45pm. You must be at school by 12.25pm
- Students must wear school uniform to and from exams.

Year 8 into Year 9 Subject Selection Evening is on Wednesday 12th August. Students will be given important information on Electives and preparing for Stage 5 courses. I look forward to seeing all of Year 8 and their parents at the evening.

Gabriela Osterlund
Assistant Principal - Teaching and Learning

FROM THE LEADERS OF LEARNING: PASTORAL CARE

Year 7 Report

Term 3 at St Andrews College has begun and Year 7 have had a great start.

Students are looking great in their uniform and have worked on getting more organised by creating their assessment timetable.

We have a lot to look forward to this term. The Athletics Carnival in Week 5 is a great opportunity for Year 7 to win some points for their House and show off their skills on the field.

Unity Day is also this term and expresses the cultural diversity of our school. Students are encouraged to dress in traditional clothes, share food and also present a cultural act in the form of a dance or song.

St Andrews College encourages students to participate in a range of fun activities that develop their social and interpersonal skills. These include:

- Year 7 and 8 Dance Group—Swing dancing
- Chess
- PDSSSC sports teams

Year 7 are encouraged to get involved and show their community spirit. There are plenty of opportunities for students to shine.

Miss Lyndal Simmonds
Leader of Learning Pastoral



CATHOLIC SCHOOLS DEBATING

I am proud to announce that on Friday 24th of July at the CSDA Debating Grand Final, St Andrews College was awarded the 2015 Jane Sulis Shield for Best and Fairest Performance by a School.

This is a fantastic achievement for the College and one that is awarded to the entire St Andrews College community. This prestigious shield is awarded to a school that has gone above and beyond to offer their assistance and hospitality throughout the Debating Season.

St Andrews College volunteered to host three rounds of the Debating Competition this year as well as a round of the Public Speaking Competition earlier in the year.

At each hosted round there were many students across all year groups who volunteered their time to help out in any way they could.

Many visiting schools remarked upon the friendly demeanour and hospitality of our students and it was wonderful to see so many students return each week to help out again.

I once again thank every student that volunteered their time to help with each round, as well as the many staff of the College who also assisted in whatever way they could.

We are honoured to be awarded the Jane Sulis Shield for 2015 and will continue to uphold all that it embodies. It is another fantastic example of the St Andrews College community doing more and going beyond.

Miss Emily Pett
Debating and Public Speaking Coordinator



CAREERS

Information Technology Traineeships

The ICT Traineeship program offered by the Catholic Education Diocese of Parramatta, in partnership with the Australian Training Company and TAFE, offers the opportunity for young people interested in Information Technology and Computing to begin their careers in the IT industry.

The traineeship provides the opportunity to attain a nationally accredited Certificate III and IV in Information Technology along with two years of industry experience in a growing computing environment. There are additional opportunities including recognised Microsoft, Apple and Cisco certifications.

Interested students are encouraged to attend one of the following information sessions held at the Aengus Kavanagh Education and Equity Centre, Mt Druitt:

- Tuesday 8th September – 4.00pm – 6.00pm
- Wednesday 9th September – 4.00pm – 6.00pm

UWS Early Offer Program

The UWS Early Offer Program is designed to give as many HSC students as possible the opportunity to study at UWS. UWS invites HSC students to email admissions@uws.edu.au to see if they may be eligible for an Early Offer.

The Academy Global Leaders Program is for high-achieving students planning to study an Advanced Degree. You will get membership of The Academy at UWS, a \$2,000 Smart Start Scholarship, a University-sponsored overseas academic or leadership experience and a guaranteed internship during your studies. Interested students need to submit their application to UWS by 28 September. Brochures are available from Ms May.

UWS Early Offer Program If you include a UWS course in your UAC Preferences you could be eligible for an early offer from UWS. The university will contact you after you receive your ATAR and let you

know what courses you are eligible for and what you need to do. You may need to place the course of your choice as your first preference for the Early Offer Round.

Choosing a degree at The University of Sydney

Generalist degrees give students the freedom and flexibility to undertake a broad range of subjects in their first year. Examples of these are the Bachelor of Arts, Bachelor of Science and Bachelor of Health Science. These types of degrees are usually chosen by students who aren't sure what they would like to specialise in and want to sample a range of study areas to decide their interests. Once students complete a generalist degree, they have a wide variety of career paths available to them. They often continue their studies with an Honours year or a Master's degree or they specialise with a postgraduate degree for a professional qualification.

Specialist degrees focus on specific areas of interest from the beginning and often have set units of study that the student needs to complete. An example of a specialist degree is the Bachelor of Applied Science (Physiotherapy). Students who start in a specialist degree have often already decided on a particular career path and these types of degrees aim to satisfy the professional accreditation needed for that career.

The University of Sydney also offers combinations of these two types of degrees, such as the Bachelor of Education (Secondary Education: Mathematics)/Bachelor of Science, the Bachelor of Information Technology/Bachelor of Science and the Bachelor of Arts/Bachelor of Commerce allowing the student to sample a range of subjects in the generalist degree and also gain a specialist qualification.

Ms Therese May
College Careers Adviser

LEADERSHIP TEAMS 2015

College Leadership Team

College Principal
Assistant Principal Staff
Assistant Principal Learning & Teaching
Assistant Principal Students
Leader of Learning Religious Education
Leader of Learning Religious Education
Business Manager
Executive Secretary

Mr Nic Vidot
Ms Shauna Nash
Mrs Gabriela Osterlund
Mr Nick Thrum
Mrs Tania Melki
Mr Anthony Culbert
Mrs Melissa Welch
Mrs Julie Sabine

Leader of Learning—Administration Senior Campus Ms Tracey Thomson
Leader of Learning—Administration Junior Campus

Ms Simone McKechnie

Leaders of Learning—KLA - Senior Campus

Leader of Learning - English
Leader of Learning - Creative Arts
Leader of Learning - HSIE
Leader of Learning - PDHPE
Leader of Learning - Mathematics
Leader of Learning - Science
Leader of Learning - TAS

Mr John Morrissey
Mr Antonio Chiappetta
Mr Alan Johnson
Miss Claudine Desira
Ms Tracey Thomson
Mrs Caroline O'Hare
Mr Scott McLeod

Leaders of Learning—KLA - Junior Campus

Leader of Learning - English
Leader of Learning - Creative Arts
Leader of Learning - HSIE
Leader of Learning - PDHPE
Leader of Learning - Mathematics
Leader of Learning - Science
Leader of Learning - TAS

Mr Andrew Kuchappan
Mrs Pauline Ryan
Mrs Helen Sobiesiak
Mr Nathan Weaver
Mr David Carey
Mrs Wendy Rudman
Mr Michael Said

Leaders of Learning—KLA

Leader of Learning Support
Leader of Learning Technologies

Ms Karen Smith
Mrs Sarah Anzellotti

Leaders of Learning—Pastoral Care

Leader of Learning - Pastoral Care
Leader of Learning - Year 7
Leader of Learning - Year 8
Leader of Learning - Year 9
Leader of Learning - Year 10
Leader of Learning - Year 11
Leader of Learning - Year 12

Mrs Sue Cooper
Miss Lyndal Simmonds
Miss Andrea Mansfield
Mr Peter Bowd
Ms Melissa Blackwell
Mrs Carol Martin
Mr David Frankham

College Careers Adviser

Ms Therese May

School Counsellor

Mrs Anne Ross

Leader of Learning—Sport Coordination Mr Liam O'Kane



“Faith doing Justice”

“Doing More Going Beyond”

COMMUNITY NOTICEBOARD

ROAD SAFETY FACT SHEET

Penalties from 1 July 2015



This Fact Sheet provides an overview of some of the penalties that apply to illegal parking on all roads in School Zones

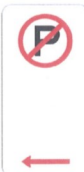
If you stop in a 'No Stopping' area - Fine from \$319 + 2 demerit points



You must not stop your vehicle on a length of road or in an area in which a No Stopping sign applies.

No Stopping includes when the vehicle is not moving but the engine is still running.

If you disobey a 'No Parking' sign - Fine from \$177 + 2 demerit points



You are allowed to stop your vehicle only to set down or pick up passengers, or goods.

Your vehicle must not stop for more than 2 minutes. The driver must not be more than 3 metres from the vehicle.

If you stop on or near a 'Pedestrian Crossing' - Fine from \$425 + 2 demerit points

You must not stop or park your vehicle on or near a pedestrian crossing to drop people off or pick them up.

If you are Double Parked - Fine from \$319 + 2 demerit points

You must not stop your vehicle or park in the middle of the road to drop people off or pick them up. Always stop or park legally and safely at the edge of the road or in a parking area.

If you stop in a 'Bus Zone' - Fine from \$319 + 2 demerit points



You must not stop or park your vehicle in a bus zone for any reason.

This includes when the vehicle is not moving but the engine is still running.

A 'Kiss & Ride' area is always within a 'No Parking' zone. The 'No Parking' rules apply to all 'Kiss & Ride' areas. - Fine from \$177 + 2 demerit points



You are allowed to stop your vehicle only to set down or pick up passengers, or goods.

Your vehicle must not stop for more than 2 minutes. The driver must not be more than 3 metres from the vehicle.

When you obey the parking rules, it makes it easier to see what pedestrians are doing.

More information over the page

For more information contact the Blacktown City Council on 9839 6000

RSOFS302-15

If you block access to a ramp, path or passageway - Fine from \$106

You must not stop or park your vehicle where it stops people using a pram ramp, footpath or passageway. This includes when you are queuing around a corner while waiting to pick up someone from the school.

If you stop on or across a driveway or block access to a property - Fine from \$177 + 2 demerit points

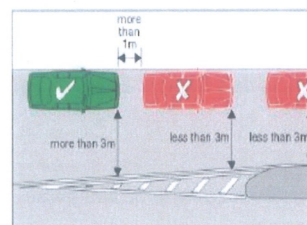
You must not stop or park your vehicle on or across a driveway, or block access to a property.

If you stop on a footpath or nature strip - Fine from \$177 + 2 demerit points

You must not stop or park your vehicle on a footpath or nature strip in a built up area. This includes stopping with two wheels on the road and two on the path or nature strip.

If you park too close to the road dividing line or strip - Fine from \$248

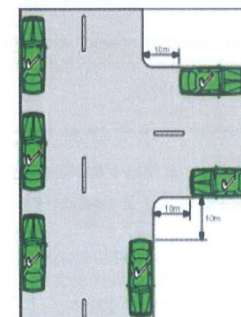
You must not stop or park your vehicle within 3 metres of the continuous dividing line or dividing strip unless a sign allows you to park there.



If you stop in, on or near an intersection - Fine from \$248

Unless a sign allows you to park there, you must not stop or park your vehicle:

- within 20 metres of an intersecting road at an intersection with traffic lights.
- within 10 metres of an intersecting road at an intersection without traffic lights including roundabouts.



There are many more parking rules that could affect you.
For more information see the RMS website
www.myrta.com

COMMUNITY NOTICEBOARD



Volunteers Needed

St Vincent de Paul Society Door Knock Appeal

Saturday 23 and Sunday 24 August

The appeal has been going for 12 years in the Quakers Hill area and students from St Andrews College have been long time supporters.

Interested Year 10, 11 and 12 students are to collect a permission note from the front office or download from the website below.

Students must wear full winter school uniform and must be in groups of four at all times.

Registrations to be returned to front office by Friday 14 August.

The rego form can be downloaded from this link:

<https://www.hightail.com/download/bXBZyJTTk04NVZMWE5Vag>

CatholicCare Social Services Diocese of Parramatta

Understanding Family Law Session 2

Wednesday 12 August at the Diocesan Assembly Centre
1—5 Marion Street Blacktown

Commencing at 7.30pm and concluding at 9.30pm

Cost is \$7.00

Registrations are Essential—please phone Rita or Eileen
on 9933 0205 or email soloparentservices@ccss.org.au

The first session was very informative with participants
having opportunity to ask many questions relating
to their circumstances.

The second session relates to Property Settlements
with regards to separation and divorce.

It gives an overview of the Family Law Act in relation to
separation and divorce. The focus for this session is on
property settlements and spousal maintenance.

**Held every 3rd Friday of
the month at 7.00pm
And Holy Hour every
1st Friday of the month
at 7.30pm at the
St Andrews Parish Church.**



COMMUNITY NOTICEBOARD



Office of the Advocate for Children and Young People
Level 2, 407 Elizabeth Street
Surry Hills NSW 2010
www.acyp.nsw.gov.au

About the Youth Advisory Council

The NSW Youth Advisory Council plays an important role in guiding NSW Government youth affairs and raising the views of young people.

Applications are sought from young people in NSW with relevant life experiences, a keen interest in youth affairs and/or experience in youth and community organisations.

The Council meets regularly throughout the year to discuss a range of relevant topics, as well as monitoring and evaluating youth-related policies and legislation which affect young people.

The 12 Council members, all aged under 25 years, come from all over the State and are broadly representative of the diversity of young people living in NSW.

Part four of *The Advocate for Children and Young People Act 2014* sets out the Council's responsibilities and main function.

What members do:

- Advise the Minister and the Advocate on the planning, development, integration and implementation of government policies and programs concerning young people.

- Consult with young people, community groups and government agencies on issues and policies concerning young people.
- Monitor and evaluate legislation and government policies and programs concerning young people and recommend changes if required.
- Conduct forums, approved by the Minister, on issues of interest to young people.
- Collect, analyse and provide the Minister and the Advocate with information on issues and policies concerning young people.

How to become a member of the Youth Advisory Council

Part four of *The Advocate for Children and Young People Act 2014* details that the Minister appoints members of the Youth Advisory Council who have such experience, skills and qualifications as the Minister considers necessary for them to make a contribution to the work of the Council.

If you or anyone you know may be interested in becoming a part of the Youth Advisory Council, please see more information and the application form at:

<http://www.acyp.nsw.gov.au/nsw-youth-advisory-council-information>

Closing date for submission of applications is 5.00pm, Monday 31 August 2015.