Our Theme - “The Joy of the Gospel - Putting our Faith in to action”

All Saints
“...Rejoice and be glad, for your reward will be great in heaven...”
(Mt 5:1-12)

Dear Parents, Guardians, Care Givers, Grandparents and Students,

In this Sunday’s Gospel, Matthew gives us the well known Beatitudes. These Beatitudes are not hard and fast rules for life, but attitudes for life; the Be-Attitudes, so to speak. Those who live with these attitudes in this life are to be celebrated – ‘Happy are you’ – for they will be saints.

This Sunday we celebrate All Saints. Sometimes these Saints are regarded as “Catholic superheroes”. However a Saint is anybody whose soul is in heaven. We celebrate certain significant Saints (eg Mary MacKillop or of course St Leo the Great) whose lives provide a glimpse of God for the rest of the Church. But there are many, many more Saints whose glimpse of God was only ever experienced by their family, friends and those with whom they worked. These are our departed family members and departed friends who now reside in heaven with God. They have strived to give meaning to these “Be-Attitudes”.

This Sunday – we are challenged to not only remember these people (the small “s” saints) but also adopt these “Be-Attitudes” so that we can put our faith into action and make this world a better place.

As an aside – as I am writing my Pride Report here at home on Tuesday evening my mobile signals I have a new twitter message. I subscribe to Pope Francis’ Twitter (@Pontifex) he says “...Parents, can you “waste time” with your children? It is one of the most important things that you can do each day” So I will sign off – close the lid on my computer and go waste some time with my three children – something I need to do more of!

Diary Dates

Tuesday 3rd November
Year 7, 2016 Parent and Student Information Evening, 7pm, The Light of Christ Centre

Monday 9th November to Friday 13th November
Year 10 Exams

Monday 16th November to Thursday 19th November
Year 7 to 9 exams

Wednesday 18th November
Annual Volunteer Mocktail Party 5.30pm to 7.30pm, New College Library

Friday 20th November
Swimming Carnival, Hornsby Aquatic Centre

Wednesday 25th November
PAWS Evening, The Light of Christ Centre 6pm to 7.30pm

Friday 27th November
Year 10 All My Own Work Modules
Year 9 Peer Support Training
Volunteers of St Leo’s College Mocktail Party Evening
The College provides many opportunities for parents to be truly in partnership with the education of their children. We would like to recognise and thank you for being involved in these more “public” partnership events. Examples are the Community Tutoring Program, the Hornsby Soup Van; the old Uniform Shop; the College Board, Hospitality at the Welcome Evening or any of the Mothers’ / Fathers’ Day Breakfasts etc.

So if you have assisted in any way throughout the year you are invited to our St Leo’s Thank you Mocktail Party, see flyer below. Please RSVP to our Director of Partnerships – Mrs Louise Fentoullis on 9487 3555 or email louise.fentoullis@dbb.catholic.edu.au

The Annual Cinema Under the Stars – Thank you!
Thank you to all those parents, students and friends who supported our annual Cinema under the stars evening last week. My particular congratulations to Mr Chris De Graff and Mr Geoff Wood who took the idea from conception last year and have made it a huge success for two years running. The idea of this event is to build upon our great community not just within the walls of St Leo’s but our parish, local neighbourhood and surrounds so that we can become a better community of people.
Year 11 End of Preliminary Reports
Congratulations to the following students who received Gold and Silver Principal’s Awards for this reporting period.

Gold
Sydney Antonio, Jessica Funk, Alexandra Hurden.

Silver

Our 2016 – 2018 College Improvement Plan
The College Leadership Team spent an afternoon last week with Dr Linda Bendikson from Auckland University examining our recent College Review Report. We are currently taking the findings (listed in my previous Pride edition) from this report and starting to develop our future directions over the next three years. Of course this draft plan will be available for comment to our parents and students before it is finalised.

Our new “Library”
As I am sure your children have told you – we now have a new library space! What exactly will it be called? I intend on renaming all our buildings during our 60th Anniversary celebrations next year. I have already asked for suggested names to be submitted to myself. These don’t have to be after famous Saints etc – but maybe significant people in our community who have the honour of having a building named after them for the work they contributed to our community from 1956 till now – or somewhere in between!

Our College “Library Space” is a 21st century learning space. It reflects the image of life long learning. It was (and is) a local “hub” for information, learning and reading for pleasure. This flexible space has spaces for a wide range of activities for our students. There are spaces for collaborative learning – an important skill for active participation in today’s society. Social interaction can take place for the purpose of sharing, communicating and creating information. We have spaces that will allow for some noise yet provide quiet spaces for those who need to read or engage in quiet study.

I thank the Library staff (Mrs Griffin and Mrs Bodle) under the leadership of Mrs Neryle Sheldon not only for the move but also for the design and thought that has gone into this very popular learning space in the College.
Building Works Progress

Work has now started on the College Reception, office areas and staff common area in the old library. This will be finished and occupied by the start of Day 1 Term One 2016. This will give the College a respectable and modern image that reflects our great College for our visitors and parents. The workspaces will also be a huge improvement on what we have in the current Administration building.

The footings for the new stairwell (and lift) have been cleared and work will commence shortly. This will enable easy, safe and wide access to our new library space and computer labs.

The current Administration building will be refurbished throughout Term One, ready for our Student Services Team (Assistant Principal, Youth Ministry Coordinator, Year Leaders, Sport, IT Help Desk, First Aid and Counsellor's office, Director of Administration, Director of Pastoral Care & Well Being and Student Support Administration Assistants). Students will have access to both floors of this building – so it will be a “one stop shop” for all student services.

During this time there will be virtually no disruption to classes – just getting in and out of the College! The Woolcott Avenue gate (Gate No 1) is currently closed whilst these works are being undertaken. I would ask all parents/visitors to use the Windarra Crescent Gate (Gate No 2) during these works.

Mr AF Gleeson
Principal

“...We feel our crosses hard at times, but our courage should rise with them...”
St Mary of the Cross Mackillop (1882)
From the Assistant Principal

Year in Review
At the end of every year the College holds a Year in Review Ceremony. The planning has already started to make this a true celebration of the many wonderful things about St Leo’s and a great acknowledgment of students’ efforts and achievements throughout the year. The ceremony will occur at 11:30am on Friday 11th December in The Light of Christ Centre. All students will be expected to attend, as it is a normal school day.

We wish to issue an invitation to family members of our students and friends of the College to this significant end of school year activity. Invitation to award winners will be sent prior to the event.

Academic Awards will be presented to students at a special Assembly at the start of 2016. This way we are able to acknowledge the academic achievements of the Class of 2015 at the same time.

Swimming Carnival - Friday 20th November
This year’s Swimming Carnival will occur on Friday 20th November. This is an important whole school event. All students are expected to attend on the day. If your son/daughter is absent on the day, the College expects a Doctors Certificate to be provided on the day of return. This is an important community event and I would ask all parents to support the College in ensuring that your son/daughter attends on the day.

Representative Sports Advisory Committee
Sport plays a significant role in the College’s holistic education of students. As part of the Strategic Plan, the College has been exploring options to further expand our representative sporting program. With this in mind the College invited parents and staff to nominate to be members of a Representative Sports Advisory Committee in Term 3 this year. The Terms of Reference for the Committee are included in this newsletter and provide a clear outline of the purpose of the Committee.

The Committee has met a number of times and have already put a series of recommendations to the College that have been adopted including:

• Following a successful trial of the Peninsula Cup program this year, the College look to expand the number of teams entered into the weekly after school Peninsula Cup competition in 2016.
• The College continue to explore other weekly Representative Sporting competitions for 2017 and beyond.
• The College hold a Representative Sport Presentation Evening in Term 3 2016.

The Committee is working on identifying the vision for representative sports at the College and will continue to meet to discuss how best to meet this vision into the future.

The members of the committee are:
**Term Dates and Bell Times for 2016**
I have included the 2016 Term Dates and Bell Times for your information.

**TERM 1**
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Australia Day (Public Holiday)</td>
<td>Tuesday 26th January</td>
</tr>
<tr>
<td>Staff Professional Learning Day (no classes)</td>
<td>Wednesday 27th January</td>
</tr>
<tr>
<td>Year 7 First Day</td>
<td>Thursday 28th January</td>
</tr>
<tr>
<td>Years 8 - 12 Orientation Day (9am - 11am)</td>
<td>Thursday 28th January</td>
</tr>
<tr>
<td>Classes resume (all students)</td>
<td>Friday 29th January</td>
</tr>
<tr>
<td>Good Friday</td>
<td>Friday 25th March</td>
</tr>
<tr>
<td>Easter Monday</td>
<td>Monday 28th March</td>
</tr>
<tr>
<td>Classes conclude</td>
<td>Friday 8th April</td>
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</tbody>
</table>

**TERM 2**
<table>
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<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>ANZAC Day (Public Holiday)</td>
<td>Monday 25th April</td>
</tr>
<tr>
<td>Staff Professional Learning Day (no classes)</td>
<td>Tuesday 26th April</td>
</tr>
<tr>
<td>Classes resume</td>
<td>Wednesday 27th April</td>
</tr>
<tr>
<td>Queen's Birthday (Public Holiday)</td>
<td>Monday 13th June</td>
</tr>
<tr>
<td>Classes conclude</td>
<td>Wednesday 29th June</td>
</tr>
<tr>
<td>Year 7 - 10 Parent/Student/Teacher Interviews (no classes)</td>
<td>Thursday 30th June</td>
</tr>
<tr>
<td>Staff Spirituality Day (no classes)</td>
<td>Friday 1st July</td>
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**TERM 3**
<table>
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<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Staff Professional Learning day (no classes)</td>
<td>Monday 18th July</td>
</tr>
<tr>
<td>Classes resume</td>
<td>Tuesday 19th July</td>
</tr>
<tr>
<td>Classes conclude</td>
<td>Friday 23rd September</td>
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</tbody>
</table>

**TERM 4**
<table>
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<tr>
<th>Event</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Labour Day (Public Holiday)</td>
<td>Monday 3rd October</td>
</tr>
<tr>
<td>Staff Professional Learning Day (no classes)</td>
<td>Monday 10th October</td>
</tr>
<tr>
<td>Classes resume</td>
<td>Tuesday 11th October</td>
</tr>
<tr>
<td>St Leo’s Day Mass and Fair (all students expected to attend)</td>
<td>Friday 9th December</td>
</tr>
<tr>
<td>Classes conclude</td>
<td>Tuesday 13th December</td>
</tr>
<tr>
<td>Staff Professional Development Days</td>
<td>Wednesday 14th - Friday 16th December</td>
</tr>
</tbody>
</table>
Note that in Terms 2 and 4 Assemblies occur in Week B instead of Week A. This means that there will be a swap of Bell Times on Tuesdays Periods 1 – 5 in Terms 2 and 4.
Catholic Life and Mission

Refugee and Asylum Seeker Assembly
Last Tuesday, St Leo’s was visited by Phil Glendenning, Director of the Edmund Rice Centre, as well as a young asylum seeker, who arrived in Australia by boat at the age of 16, for a College assembly looking at the issues around refugees and asylum seekers.

Last month, the Australian Catholic Bishops released a powerful and thought-provoking social justice statement on this issue called “For Those Who’ve Come Across the Sea” that clearly states the Catholic position of compassion for those in need. It is also an issue close to Pope Francis’ heart. His very first overseas trip as Pope was to visit asylum seekers at Lampedusa, the European equivalent of Manus Island. There he said: “Immigrants dying at sea, in boats which were vehicles of hope and became vehicles of death...Has any one of us wept for these persons who were on the boat? For the young mothers carrying their babies? For these men who were looking for a means of supporting their families?” Pope Francis has recently called on each Catholic parish in Europe to take on the responsibility of housing a family of Syrian refugees.

Our first speaker, Phil is an ex-student of St Leo’s and past College Captain (1979), who has gone on to be the co-founder of ANTaR (Australians for Native Title and Reconciliation), the President of the Australian Refugee Council, the creator of the SBS Documentary “A Well-Founded Fear”, and advisor on the TV series “Go Back to Where You Come From”. With a background in education, law, political science, and overseas aid and development, today he is primarily involved in human rights advocacy and education, peace and reconciliation work, raising awareness of the impact of climate change on marginalised peoples. In his inspiring speech, Phil told students of his experiences in working with asylum seekers overseas and encouraged them to stand up for justice, be people of compassion and make a difference with their lives.

Three of our Year 12 students, Jerome, Andrea and Bella, then had a conversation with the young asylum seeker, asking questions about his experiences. He fled from Afghanistan after his brother was taken off a bus and executed by the Taliban and his father, a doctor, was taken away by the police and “disappeared”. The first time he saw the ocean was when he travelled on it, “on a boat built for 40 people, but there were 80 of us”. He is living in Australia on a bridging visa and his dearest hope is to be able to go to University and get a degree. “I am so lucky to live in such a beautiful country, where the people are very kind. I want to serve this country.”
As a follow up to the assembly, students had the opportunity to participate in a voluntary “Detention 4 Detention”. Many students chose to put themselves on a voluntary detention at lunchtime to show their solidarity with the 326 children who are still in mandatory detention in places such as Manus Island. Fenced off in the chapel forecourt, they learnt more about the issues surrounding children in detention and wrote messages of support. They also discussed the doctors who are refusing to return children to detention centres and the whistle-blowers who are being threatened with legal action for exposing the abuses happening.

“We hear about it a lot on the news, but we’re desensitised from seeing it on TV. When we heard it from someone who has experienced first hand it gave us a deeper understanding of what people are going through,” said Maegan from Year 12.
Information for Parents and Students:

Great news!

St. Leo’s Catholic College has subscribed to the ELES Online Study Skills Handbook.

The ELES Online Study Skills Handbook provides a comprehensive and interactive online guide for the College community (students, parents and teachers) as to the study skills needed for success in high school studies. This approach taps into students’ affinity with technology to create a new and effective way to improve students’ study skills.

This is a great online resource for parents and students to address all their study skills issues and concerns and enable students to learn new ways to improve their results at school. The handbook has a huge amount of information for both students and parents as well as a large number of interactive activities.

To access the handbook, go to www.studyskillshandbook.com.au and login as a subscriber with these details:

Username: leos
Password: community

We encourage all parents and students to take advantage of this opportunity to further develop their students’ study skills abilities through this online resource.

www.studyskillshandbook.com.au

Please note:
The above user name and password is for the use of the secondary school parents and students AT OUR SCHOOL ONLY. Please do not pass our school’s details onto students or parents from other schools or other individuals or organisations as this is a prosecutable breach of copyright and also will result in frequent password changes for our school. Please also ensure you read through the terms of use the first time you access the handbook.
The faculty of Technology and Applied Studies (TAS) is responsible for the delivery of a wide variety of exciting and engaging subjects areas running from Year 7 to 12. Here at St Leo’s the students get an opportunity to develop skills in Textiles, Food Technology, Design and Technology, Engineering Studies, Industrial Technology Timber, Graphics, Electronics and Information Technology.

**What is happening in Industrial Technology Timber?**

To satisfy the requirements of the Industrial Technology Timber syllabus students undertake a range of practical experiences that occupy the majority of the course time. Our practical experiences here at St Leo’s Catholic College develop the students’ knowledge and understanding of skills involved in the designing, producing and evaluating a variety of timber projects.

Students enter the course in Year 9 and develop skills and techniques by completing a number of smaller projects. The skills developed in Year 9 set the students up for two larger more specialised cabinet work projects which are completed during Year 10.

The students shown are from Year 10 Industrial Technology Timber who are currently completing a small beside table made from Pacific maple. Each student adapts and modifies their project to make their project unique.
Around the College

Year 10 Peer Support Leaders

Orientation for Year 7 2016 will be lead by our Year 10 Peer Support Leaders in Term 4.

The year 10 students have been training in preparation for the orientation days to ensure our future Year 7 students are ready and feel prepared for their journey in 2016. I have witnessed the Year 10 leaders demonstrate their leadership skills by focusing on our college values and providing many fun activities whilst building the confidence in our future Year 7 students. Well done!

Ms Axton

Wahroonga Food and Wine Festival

A large gathering of friends and families was the audience for St Leo’s Stage Band yesterday (Sunday 25th October) as they closed the musical entertainment at the 3rd Annual Wahroonga Food and Wine Festival.

Following on from primary schools, high schools and contemporary musicians, St Leo’s stage band, managed by Carolyn Williams and conducted by Ellen Kirkwood entertained the appreciative crowd, who had enjoyed a mellow afternoon in the sun at the popular festival.

A 40 minute set of a wonderful selection of musical numbers was superbly played on the rotunda in Wahroonga’s park by the award winning St Leo’s Stage Band.
St Leo’s College Swimming Carnival

Dear Parents/Caregivers,

The annual College Swimming Carnival will take place on Friday, 20th November 2015 at Hornsby Aquatic Centre. Students will be required to make their own way to and from the venue.

The College Carnival will officially start at 9.00am and finish at approximately 2.30pm. Students will be required to assemble outside of the Hornsby Aquatic Centre in their Tutor Group lines no later than 8.30am for Roll Call. Another roll will be taken at the conclusion of the event.

Trains that will ensure students get to Hornsby Station before 8.30am are as follows:

<table>
<thead>
<tr>
<th>Departing Station</th>
<th>Time</th>
<th>Arriving Station</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waitara</td>
<td>8.17am</td>
<td>Hornsby</td>
<td>8.20am</td>
</tr>
<tr>
<td>Wahroonga</td>
<td>8.14am</td>
<td>Hornsby</td>
<td>8.20am</td>
</tr>
<tr>
<td>Berowra</td>
<td>8.02am</td>
<td>Hornsby</td>
<td>8.15am</td>
</tr>
</tbody>
</table>

As indicated at the time of your child’s enrolment, attendance on carnival days is compulsory. Students who are absent due to illness on the day will require a doctor’s certificate or other documentation to be returned to their Year Leader upon their return to school. If your child is absent on the day please contact the College between 8.30am and 9.00am. If students do not arrive at the pool, the College will contact parents throughout the morning.

Students are expected to wear full sports uniform. In keeping with tradition Year 12 are permitted to wear fancy dress to support their house. This should be tasteful and non-offensive. Swimming apparel should be one-piece costumes for girls (Girls may wear board shorts over their swimmers). Boys are able to wear board shorts, speedos or skins.

There is a canteen at the pool complex, but students are advised it is best to bring their own lunch and water.

Students need to ensure that they do not bring electronic equipment such as iPods, iPads, or laptops to the event. These items will be taken for safe keeping by Mr Mahoney. Parents will need to make an appointment to arrange a suitable time to collect these items. Students should have all property clearly labelled with their name.

Novelty equipment/devices such as water pistols, noise-makers etc will also not be acceptable. These items will be confiscated and NOT returned, as they are banned items.

I would encourage parents to attend the carnival and support the school in what promises to be a highly enjoyable day.

Luke Trotz
Around the grounds

BBSSSA Tennis & Beach Volleyball
On Tuesday, 27th October St Leo’s entered the BBSSSA Volleyball and Tennis Championships. All reports said our boys’ Volleyball team were fantastic gaining runners-up position whilst our two tennis teams made the semi-finals.

A more detailed report will be in the next edition of the Pride.

Well done & congratulations.

First XI Cricket
We have been very unlucky with wet weather causing match delays. This week on Thursday and Friday our First XI team will be playing in the Downie Trophy against St Augustines and the Northern District Cup against Turramurra High School.

We wish them the best of luck and look forward to the results.

College Sport Website
The College Sport website opened in Term 1 to give parents and students a gateway to gain quick information on sport as well as acknowledge the achievements of some of our sporting people.

People are still not aware of its existence so when you get an opportunity, take a look and keep up to date with information regarding sport.

The website is accessible via the College App or at www.SLCCSport.com

Broken Bay Sport Website
The Broken Bay Secondary Sports Association (BBSSSA) has been working on a new website which reflects the NSWCCC website.

The website will give you all the necessary information regarding sport our College is involved in within the Diocese of Broken Bay. The website will provide a calendar of events, upcoming events, closing dates, registration, results, pathway information and much more.

Broken Bay is proud to present our new website:

www.brokenbaysport.org.au

Please take a look!

NSWCCC Sporting Information
For all your sporting information at a NSWCCC level including event dates, registration for an event, closing dates, calendar of events, results, qualification process and any other information please visit their website on:

Need to Register for a NSWCCC event?
All sporting events in NSWCCC and All-Schools require parents to register and approve their child online.

To register your child for a particular sport for the first time you will need to be allocated a username and password. This can be done by clicking the login button. Following this you will need to click the links below and then follow the prompts:

‘What’s my password?’
‘I am a parent /guardian of a student’
‘Secondary school student’
‘I am having trouble logging in’

Representative Sport Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Start Time</th>
<th>Sport</th>
<th>Departure Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tue 13/10</td>
<td>10am</td>
<td>ND Cup Cricket Rd 1</td>
<td>N/A</td>
<td>Doneley Oval</td>
</tr>
<tr>
<td>3</td>
<td>Fri 23/10</td>
<td>8.30am</td>
<td>Water Polo</td>
<td>7am</td>
<td>SOPAC</td>
</tr>
<tr>
<td>4</td>
<td>Tue 27/10</td>
<td>8.30am</td>
<td>Tennis</td>
<td>7am</td>
<td>Oxford Falls</td>
</tr>
<tr>
<td>4</td>
<td>Tue 27/10</td>
<td>9am</td>
<td>Beach Volleyball</td>
<td>7am</td>
<td>Manly Beach</td>
</tr>
<tr>
<td>7</td>
<td>Fri 20/11</td>
<td>11am</td>
<td>BB Softball Trials</td>
<td>N/A</td>
<td>Greenway</td>
</tr>
<tr>
<td>7</td>
<td>Fri 20/11</td>
<td>8.30am</td>
<td>SLCC Swimming Carnival</td>
<td>N/A</td>
<td>Hornsby Aquatic Centre</td>
</tr>
<tr>
<td>8</td>
<td>Tue 24/11</td>
<td>8.30am</td>
<td>Surf Lifesaving</td>
<td>7am</td>
<td>Shelly Beach</td>
</tr>
<tr>
<td>8</td>
<td>Wed 25/11</td>
<td>8.30am</td>
<td>Beach Touch</td>
<td>6.45am</td>
<td>Maroubra Beach</td>
</tr>
<tr>
<td>8</td>
<td>Fri 27/11</td>
<td>9am</td>
<td>Jnr Basketball</td>
<td>N/A</td>
<td>LOCC</td>
</tr>
<tr>
<td>9</td>
<td>Tue 1/12</td>
<td>9am</td>
<td>Lawn Bowls</td>
<td>7am</td>
<td>TBC</td>
</tr>
<tr>
<td>TBC</td>
<td>TBC</td>
<td>8.30am</td>
<td>Flag Football</td>
<td>7am</td>
<td>Nolan Reserve</td>
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<tr>
<td>Various</td>
<td>Various</td>
<td>10am</td>
<td>ND, Berg &amp; Downie Cricket</td>
<td>Various</td>
<td>Various</td>
</tr>
</tbody>
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Hornsby Ku-ring-gai Child and Family Health Service

The days are getting longer & the weather is getting warmer as we head through Spring into Summer

Families That Work Well

Families have changed a lot in recent years. There are so many different types of family and parenting styles these days. The family your child grows up in influences how they will cope with life. Just as a loving, caring family can create good self-esteem in a child, an unhappy, fearful family can lead to low self-esteem and problems for a child.

Show affection, encouragement and appreciation

- Let your child know what you love about them
- Give hugs, be thoughtful and kind
- Don’t use put-downs, threaten or blame your child – it makes them feel hopeless
- Encourage children to take on more responsibility as they get older
- Allow them to have a say in their own lives
- Use encouragement and humour to keep control, not punishment or threats
- When a child has a say in what happens and feel their views are heard, trust and intimacy develops

Share the chores and the power

- The daily rituals and things you do on special occasions build a sense of belonging, security and contentment. Daily rituals can include what you do at mealtimes and bedtime and how you say goodbye
- It is good for families to celebrate special occasions and have traditions for what happens at these times

Accept the differences in each person

- No one should be left out or made to feel like the odd one out in a family
- Allow each person to be excited about their personal interests, show respect and be patient

Keep in touch with friends and relatives

- The more a family is isolated from others, the more chance there will be problems
- Knowing there are people to turn to when things get tough will make a difference to your child’s ability to make friends and happiness

Make family time

- Take time to listen to your children - try and work out the feelings behind their words and actions and don’t jump in with answers or criticisms
- Do fun things together - play games, go on outings, play sport, go for a walk, share hobbies
- Share mealtimes together and turn off the TV - talk to each other about what’s been happening
- Find time to talk to your children - sometimes this can be one-on-one or as a whole family or even when you are doing chores together or driving them to school
- Share your feelings appropriately so your children learn that it’s OK for them to share their feelings

Useful Support and counselling services

Childcare Access Hotline: 1800 670 305
NSW Family Services: 02 9692 9999
Can help you find a service in your local area.
Karitane: 02 9794 1852 or 1800 677 96
24 hour parenting information and counselling
Parent Line NSW: 1300 1300 52
24/7 telephone information, counselling and referral service for parents of children aged 0 - 18 years
Tresillian: 02 9787 0855 or 1800 637 357
24 hour information and counselling for parents or carers of children under five years
http://youthsource.com.au
DIocese of Broken Bay
WYD Krakow 2016

Raffle

Support our Pilgrims to travel to WYD Krakow 2016! All funds raised will be to support our Diocesan Pilgrims

$2 Each

PRIZES

1st Prize
2016 Hyundai Accent 5-door Hatchback, Auto, includes on-road RRP $14,694 (as quoted on 16/9/2015) sponsored by: Avium

2nd Prize
Cosmos 2016 European Holiday Tour for Two People to the value of $3,000.00 per person. This prize cannot be used in conjunction with any other prize or WYD Krakow. Flights, meals, and spending money are not included. Sponsor: Cosmos

3rd Prize
Apple Sport Watch 38mm Space Grey Aluminium Case with Black Sport Band RRP $499 sponsored by: Catholic Church Insurance

4th Prize
Apple iPad Mini 2 WiFi 16 GB RRP $369 sponsored by: Broken Bay Institute

Order or purchase your tickets from your DDB Parish/School or email wyd@dbb.org.au

The raffle will be drawn at 3pm on Sunday 30th March 2014 at the Sharon Seabrook Centre, at St Ignatius College, East Gosford. Prize winners will be notified by telephone. Winners will be published on the 2014 edition of the Broken Bay Weekly and the Diocese of Broken Bay website. For tickets: wyp.org.au/raffle.
Veritas Hall, Prouille School, Water Street Wahroonga

A night of fun and fundraising -
lots of wonderful prizes and silent auctions!

Dress in BLACK & WHITE theme
celebrating our Dominican heritage.

BYO Drinks and Nibbles
Tickets are $25.00 per person
Make up a table of 10!

Bookings are NOW OPEN!
Book online: http://www.trybooking.com/JDIS or
Parish office: 9489 3221 (Credit Card/EFTPOS)

*Please consider bringing along a bottle of wine to contribute
to the prize pool on the night

This a Holy Name Parish Community fundraiser to refurbish the kitchenette
at the back of the Church at the service of our parish hospitality.
ENGAGING ADOLESCENTS™

A three-session program for parents and carers of teenagers

Wednesday 4th, 11th and 18th November
6.30pm – 9.00pm
Naremburn Family Centre
40 Merrenburn Avenue, Naremburn

Engaging Adolescents is a program ideally suited for parents of young people in Years 6 – 9 that aims to equip you with knowledge, skills and tips to assist everyone through the teenage years. It aims to strengthen bonds and find new ways to resolve problems.

"An end to the arguing and yelling"
"Simple, sane and effective"

Learn:
- Some common ground shared by parents and reasonable expectations to hold about adolescents
- New understandings of adolescence
- Ways to respond to different behaviours
- Self check-in
- Building a relationship with your teenager and making the best of your non-crisis conversations with them
- Skills for tough conversations for handling those problems you just can't ignore

Who’s running it?
The trainers for this course are Nicola Hensler and Jacque Stone from CatholicCare. Both work at the Naremburn Family Centre within the Counselling and Family Support teams respectively. Between them, they have nearly 40 years’ experience working with young people and families in Sydney’s north. They have a wide range of professional experience in the youth sector and are passionate about the benefits of early intervention and strengthening families.

Bookings are essential as spaces are limited. To enquire or register for the course please contact us at:

naremburnfamilycentre@dcb.org.au
8425 8700
$60 per person
Course cost includes workbook, fridge magnet and supper.

This course is being run by Parentshop® licensed practitioners.
www.parentshop.com.au