The St Leo’s newsletter, “The Pride” is now posted on the College Website under St Leo’s News. This print only version will be archived on the College Website and as a hard copy available from the College reception.

Principal’s Message

“Jesus was setting out on a journey, when a man ran up, knelt before him and put this question to him, ‘Good teacher, what must I do to inherit eternal life?’

Jesus said to him, ‘Why do you call me good? No one is good but God alone. You know the commandments: You must not kill; You must not commit adultery; You must not steal; You must not bring false witness; You must not defraud; Honour your father and mother.’ And he said to him, ‘Teacher, I have kept all these since my youth.’

Jesus looked steadily at him and loved him, and he said, ‘There is one thing you lack. Go and sell everything you own and give the money to the poor, and you will have treasure in heaven; then come, follow me.’

But his face fell at these words and he went away sad, for he was a man of great wealth.”
(Mark 10:17-22)

This passage was part of the Gospel reading from last Sunday. We are reminded in this Gospel that Jesus was human and divine. He did not hide his divinity but wanted people to come to a self realisation of this fact through his deeds. We too are called to show the face of Jesus to others through our deeds that must go deeper than merely being good and following the rules. We must be aware of injustices in society and commit to doing whatever we can to assist in fixing these problems. I am encouraged every day at St Leo’s when we see our students, teachers and parents going the extra mile to help others.

DEAR PARENTS, GUARDIANS, CARE GIVERS, GRANDPARENTS, STUDENTS AND FRIENDS,

Welcome back to Term 4

Term 4 is a busy term, full of assessment, reflection on performance in 2012 and the development of new plans and strategies for 2013. Our Year 12 students have made a great start to their HSC exams with the BOS staff all commenting on the positive attitude amongst the group. As one cohort looks to complete the HSC, the next one starts, with Year 11 starting their HSC course this term. It is extremely important that our new HSC cohort put in a huge effort this term in all that they do. The importance of the school based assessment was explained to the new Year 12 students and the same message will be delivered to parents at the information evening this week. Year 7-10 will be completing their Yearly examinations in all subjects in a little over a month and they were all encouraged to start their examination preparation immediately. We all know that to retain twelve months worth of learning will not happen with a bit of study the week before. These exams serve a
number of purposes. They are obviously used to determine the student’s progress over the year and provide feedback to students about their strengths and weaknesses. We also use this as one form of data to determine class placement for 2013 and most importantly staff use these results to assist in the evaluation of their programing and performance.

Father Patrick McMaugh – R.I.P.
It was with great sadness that we started the term farewelling a great friend of St Leo’s. Whenever Fr Pat was introduced at College functions and he attended nearly all of them for many, many years, he was always described as a great friend to the College. Fr Pat had a long association with the College that went back to the 1960’s and generations have all been blessed to know such a gentle, caring man that had a fantastic ability to engage and challenge young people.

I would like to thank our new student leaders for representing the College so well at the funeral. I would also like to thank the SRC students that together with St Patrick’s Asquith students formed a respectful and impressive guard of honour to farewell our Fr Pat. I received a lovely letter from Fr Pat’s family addressed to the St Leo’s community that thanked us for the making his ‘Requiem Mass a joyous occasion’.

Fr Pat will be greatly missed by the staff and students of the College, especially at our senior retreats. Please keep Fr Pat’s family in your prayers.

Representative Sport – Where to from here?
I would like to thank the entire community for their display of support with this very difficult situation that was unfortunately handed down on us last term by the MCC. I would especially like to thank the many students that sent emails to the MCC leadership, respectfully displaying our frustration and disappointment with the decision to remove us from the competition. I have been contacted by the MCC secretary to inform us of the correspondence he has received that has been respectful and showing the passion these students feel for the situation. I expressed that I too have similar feelings for the situation. I appreciate the maturity displayed by these students.

We are currently in discussions with the Hills Area Sports Association and the Parramatta Diocese Sports Association in an attempt to find a weekly sports competition for boys in 2013. We are also approaching other Broken Bay schools in an attempt to start up a weekly competition in our own Diocese. As soon as we have some options, students and parents will be consulted before any decisions are made.

We are also attempting to organise internal House sports competitions in various sports that can be used to, increase participation across the school, develop skills and identify talent for selection in our BBSSSA representative teams. These BBSSSA events are our pathway to the next representative level in most sports.

At this stage the girls will continue to play in the MCCS competition on a Thursday afternoon. I would like to wish all the MCCS representative teams and the boys cricket teams that are in knock-out competitions all the best for the term.

Thank you once again for your understanding.

MR MARC REICHER, ACTING PRINCIPAL
Message from the Assistant Principal

ATTENDANCE AT SCHOOL

Some of the following information is available from the Department of Education.

You will all be aware that in 2010 the NSW State Government made adjustments to the legislation regarding attendance at school. This means that all children must attend school from the age of six and must complete Year 10. After Year 10 and until they turn 17 years of age students must be:
* in school or registered for home schooling, or
* in approved education or training (e.g. TAFE, traineeship, apprenticeship) or
* in full-time, paid employment (average 25 hours per week) or in a combination of work, education and/or training.

Must I send my child every day?
YES. It is a condition of enrolment that you send your child to school every day. There are a small number of reasons allowed for absence including:
• Illness or infectious disease
• a serious or urgent family situation
• fulfil a special religious ceremony

For St Leo’s Catholic College a note explaining this absence is required, even if prior notification has been made via phone or e-mail. A valid signature from the parent/guardian is essential.

Principals can request medical certificates or other documentation for long or frequent absences explained by parents as being due to illness.
If Principals don’t consider an explanation to be satisfactory, they will record the absence as unjustified.
If children of compulsory school age have recurring numbers of unjustified absences from school the College must notify the Catholic Schools Office.

In the first 8 days of Term 4 the College had the following numbers of full day absences:
9th October - 40 - 4.5% of student body
10th October - 45 - 5.07 %
11th October - 41 - 4.61%
12th October - 56 - 6.3%
15th October - 36 - 4.05%
16th October - 42 -4.73%
17th October - 35 - 3.94%
18th October - 27 - 3.04%
This is out of a student body of 888 (5 Year groups)

While the total of 322 student absences is significant, when taken as a percentage some realism enters into the equation.

Unfortunately a significant number of these are currently unexplained absences with parents/guardians failing to correctly advise the College of the reason for the child/ren being away.

Parents/guardians are requested to send in notes of explanation as soon as your child returns to school.
We would ask parents to be careful when giving permission for your child to be absent from school. Make sure that the need for a day at home due to an illness is more important then the disadvantage of time lost in the classroom. Allowing your child/ren to stay at home for non-valid reasons such as: birthdays, shopping, minding other children, minor family events, routine check ups, or sleeping in - is sending a message that education is not valued.

In all considerations of absence what is important to remember is that students are missing out of significant learning.

Why is arriving at school on time important?
Arriving at school and class on time:
• ensures that your child doesn’t miss out on the important learning activities
• helps your child to learn the importance of punctuality and routine
• gives your child time to greet their friends before class and therefore
• reduces the opportunity for classroom disruption.

Lateness is recorded as a partial absence and must be explained to the school the same way as other forms of absence.

In the same 8 days of Term 4 we had the following numbers of students being late for the start of the school day:
9th October - 19
10th October - 43
11th October - 53
12th October - 36
15th October - 32
16th October - 41
17th October - 45
18th October - 43
(These figures do not include students in Year 12 who can sign in late)

Some students were only a couple of minutes late often due to valid reasons such as transport disruptions. However too often these students are arriving as late as the start of Recess with excuses such as ‘slept in’.

You can appreciate the disruption it causes teachers and other students when children do not arrive promptly to class let alone turning up 15, 20 or even 30 minutes after the lesson has started. Also when, as can happen, they are disturbed multiple times due to lateness by the same students.

It would be appreciated if parents could have the conversations with their children regarding the responsibility of attendance and punctuality.

IMPORTANT EVENTS IN THE NEXT TWO WEEKS
• Tuesday 23rd October: Yr 12 (2013) Information Evening. Starting at 6.45 pm in OLOR side of Hall. See Web site or note for details
• Wednesday 24th October: Excursion - Year 9 PASS: Surf Awareness
• Wednesday 24th October: Permitted early leave
• Friday 2nd November: Pupil Free day. Staff Spirituality Day
Dear Parents and Students of Year 12 (2013),

I am writing to inform you that the Year 12 (2013) Higher School Certificate Parent Information Evening is on Tuesday 23rd October in the OLOR side of LOCC. The aim of this evening is to explain to parents and students the requirements of attaining the Higher School Certificate, assessment information, illness/misadventure procedures, the ATAR and the BOS special exam provisions guidelines. A discussion on balancing school and other commitments will also be covered.

As every student will receive a package containing his or her Year 11 Preliminary Course yearly reports, could I advise you to arrive at the Centre no later than 6.45pm for a 7.00pm start. This will allow us to commence on time.

It is expected that all Year 11 students intending to return to St. Leo’s Catholic College in 2013 for Year 12 will attend with at least one parent.

If circumstances prevent you from attending please contact Mrs Todd (Year 11 Coordinator).

Mrs Susan White, Acting Assistant Principal

Pastoral News

Dr Carol Kefford Presented The Changing Face of Adolescent Issues to St Leo's Catholic College staff on the Staff Development Day, Monday 8 October 2012.

The following is a summary of Dr Kefford’s presentation and informative websites.

Issues concerning adolescents today:
- Self harm
- Lack of direction
- Anxiety
- Self image
- Gender issues, sexuality and sexual identity

Overview:
Adolescents are our most important resource!
How can we help them?
How can we support ourselves in our role at St Leo’s.

- 18% of population are aged between 12 and 24
- Adolescence - 10-19 years of age
- Youth - 15-24 years of age
- Young people - 10-24 years of age

A survey of young people showed that the two most important issues concerning young people are:
1. Environment / Climate change
2. Drugs and alcohol
What young people value most:
1. Family
2. Friendship(s) and
3. Mental health

Top issues that are of personal concern for young people:
- Body image
- Family conflict
- Coping with stress
- Depression

Other issues of concern:
- Nutrition and mental well-being
- Weight
- Smoking
- Single occasion drinking (binge drinking)

It is important to build trust and rapport to develop relationships where open and honest dialogue can take place.

Sleep
9 hours of sleep required for an adolescent.
Encourage a ‘cooling off’ time or ‘chill out’ time prior to going to bed.

Screen Time
Recommended 2 hours screen time daily – computer, TV, etc

Features of Depression:
- Depressed mood
- Lack of interest and pleasure
- Impaired function across all areas of life (social, family, school work, tasks of daily life)
- Persisting for more than 2 weeks

Additional signs:
- Low self esteem
- Loss of self confidence
- Feeling worthless
- Fatigue and low energy levels
- Change in sleep patterns (insomnia or hyposomnia)
- Change in appetite
- Socially withdrawn
- Feeling hopeless and helpless
- Suicidal thoughts

Changes you may see at school:-
- Avoidance of social situations
- School refusal

Protective Factors
- Good peer relationships
- One significant person (adolescents do like to talk to a significant person)
- Connectedness to school or employment
- Avoidance of drugs and alcohol
- Spirituality
Suicide in Teens
9:100 000
Decreasing since 1990’s
Young women 15-19 have highest rate of suicide attempts.

Self Harm
Deliberate destruction or alteration of one’s body: cutting, burning, self beating, self poisoning.

Why Self Harm?
- Control strong emotions
- Distract from feelings
- Communicate distress
- To punish
- To release pressure and tension
- Self harm is done to communicate distress it is not done to get attention.
- It is a learnt behaviour to deal with stress
- Person needs to learn less destructive ways to deal with the stress eg. ice, drawing in red along the arm, rubber band.
- It is not simply a matter of stopping the self harm.

Technology Friend or Foe?
- Limit screen time to the recommended 2 hours per day.
- Keep computers in rooms that are public – never in bedrooms.
- Parents can and should control the use of computers in the household
- Cyber safety
- Internet resources that are recommended and reliable.

Websites
www.headspace.org.au
www.reachout.com
www.blackdoginstitute.org.au
www.suicidecallbackservice.org.au (crisis counselling 24/7)
www.livingisforeveryone.com.au (health professionals and consumers)
www.square.org.au (health professionals)
www.mhfa.com.au mental health first aid
www.caah.chw.edu.au Centre for Advancement of Adolescent health

This is also an excellent book:
"Navigating Teenage Depression
A Guide for Parents and Professionals"
Gordon Parker and Kerrie Eyers

Summary prepared by Mrs Louise Fentoullis, Director of Pastoral Care.

Dr Kefford is a member of the Academic Practice Unit at Hornsby Hospital and has a special interest in adolescent health. Dr Kefford has facilitated the G P’s in Schools Program at St Leo’s for our Year 11 students over a number of years.
We wish to express our appreciation to Dr Kefford for her support of St Leo’s.
Year 10 - Welcome back to Term Four

Some Dates to make note of in your Diaries and Calendars.

Week 6 : Monday 12/11 through to Friday 16/11 - Year 10 end of Year Exam Block.

Week 7 : Friday 23/11 - College Swimming Carnival.

Week 9 : Monday 3/12 through to Wednesday 5/12 - Year 10 Outdoor Education Experience (Camp)

Week 10 : Monday 10/12 - Year 10 College Semi-Formal at the Epping Club.

As you can all see, a busy and intense term particularly leading up to the End of Year Exams in Week 6. In the lead up to these exams, all Year 10 students are working on “study skills” with their Tutor Teachers during the Tutor lessons. Students have the opportunity to update, revise or modify their current study skills. In addition, all students should now have a study plan/program in place and making a conscientious effort at home for these exams.

Year 10 Coordinator, Angelo Solomonides

Year 8

It was a great pleasure to read the Interim reports over the vacation period and to observe the progress that many students had made during the last Term.

There are still some students who are not achieving to their potential and with the yearly Examinations only 4 weeks away, it is hoped that every student is beginning to develop a program of study that covers all work studied in each subject.

To this end, we will be looking in Tutor Time at some Study Skills specifically tailored to Exam preparation. Hopefully these sessions will encourage all students to develop a study plan.

I have been impressed with the general demeanor of students when it comes to uniform. Can I ask please that no students wear the canvas shoes that have become prevalent recently.

Some congratulations are in order for 2 students:

Emily Kaufmann achieved First place in the NSW Level 5 Gymnastics Competition and is now off to represent her State at the National Championships.

Rohan Bright had great success in the NSW All School Athletics competition – 1st in the U15 100m, 2nd in the 200m and the Long Jump and 3rd in the 800m.

Congratulations to both students on an outstanding result.

Andrew Betty
Year Co-ordinator
Year 7
It’s hard to believe that the year has gone so quickly and we are now in term 4! It was my pleasure to hand out many, many Awards for Diligence and Excellence in work on the last day of Term 3. I hope to see a continuation of this great work as year 7 finishes the final term. Some key dates ahead are:

EXAM BLOCK in Week 6.
IN tutor time, teachers have already been discussing how to get organized and prepared for this. Class teachers will be handing out study guides over the next few weeks.

Year 7 MASS 5th Dec 2012, 9.30am, OLOR
Parents are invited to attend our Year 7 Mass, held in OLOR, Wed 5th December, at 9.30am. We will be preparing for this in tutor time and a reminder will be sent out closer to the date.

PRESENTATION NIGHT, evening of 14th December.
A note will be sent home later about this event.

During tutor time Year 7 have been very busy indeed. Highlights include

• practising the College prayer from memory, and leading the whole school during the Monday morning Principal’s assembly
• participating in the St Vincent de Paul ‘Assist a Student’ programme. I am very proud to say that we raised enough money to sponsor four students and help with their education. Each Year 7 House team competed to make the longest trail of gold coins. Many thanks to students and their families who donated to this good cause, and congratulation to Xavier who raised the most money.
• Xavier 2, Loyola 2, and Aquinas 2 have had reflection and meditation in the Chapel lead by Mr Ralph Kershler
• Each tutor class has also been leading a form assembly. This gives students opportunities to prepare and present ideas to their peers. Lately, assemblies led by Loyola 1, Xavier 1, and Aquinas 1 have presented on the Olympics, on being Australian, and on Bullying.
• In tutor class, students have been working on resilient behaviour, and have completed their Peer Support Programme with Year 10. They have also created some beautiful prayers which we used at our end-of-term-3 assembly.

I have attached them here for you to read.

Megan de Kantzow, Year 7 Co-ordinator
Mission News

Come Join Us in Eucharist
Every Tuesday from 8 am
Every Friday from 1.05 pm
Mass in the College Chapel

Year 7 2012 Tutor Group Prayers

***VALUES***
We recognize the importance of values in our world
And we recognize these values in our day to day lives
Dignity: We pray that we will remember to include everyone and accept their differences
Hope: We pray that we can continue to hope for the best in others and ourselves
Justice: We pray that we have the courage to stand up for what is right and just
St Leo, pray for us

***FAMILY & FRIENDS***
In the Name of the Father,
We thank you for our family and friends
We thank our families for the guidance they give us in times of need
We are grateful for their love and support in our journey through life
Although we have our differences we still find the time for laughter and fun
We appreciate those who don't judge us and instead accept us for who we are
Lord, hear us when we ask that you watch over our families and friends and love them as much as we do.
St Leo, pray for us

***THANKFULNESS***
We thank you for the good and the bad that has happened this year
We thank you for the wonderful life, friends and family we have
We thank you for what we learned, and our iPads, and our wonderful teachers who have done nothing but support us in the time we have been at this school
We are thankful for the chance we had to learn or improve our skills at swimming, and to be healthy, active and fit.
We are grateful for all the fun experiences we have had this term
St Leo, pray for us

***GIFTS***
Dear God,
Thank you for our gifts and talents, thank you for sport, singing and dancing.
Thank you for our intelligence. Thank you for the world that we live in.
Thank you for this term, and thank you for the holidays.
St Leo, pray for us.
***HOLIDAYS***
We pray that no one get injured in the holidays and if travelling stays safe
That no one gets sick, that we have no world disasters,
That everyone can relax
That everyone has some fun, love and laughter and makes the most of the break
That we try something new, or achieve something different,
That we have ‘cool’ experiences
That we keep in contact with friends and family
That we recharge for next term and prepare our minds for the work and assessments ahead
St Leo, pray for us

News from around the College

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An Invitation

The College Leadership team invite all parents who have helped out at the College throughout the year to a thank you celebration on
Tuesday November 13
From 6pm – 8pm
In the College Library
Light refreshments will be served

If you have helped at the College this year please contact College reception on 9487 3555.
Year 7 Chess Championship is on THIS TERM!!

Calling all chess enthusiasts and casual players to enter and have fun! Each player will have to verse every other player at least once.

Sign up now outside the office. Closing Friday 19th October
Coming soon in Sport

**St Leo’s College**

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<thead>
<tr>
<th>Sport</th>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Girls MCCS Touch</td>
<td>Comp. Begins</td>
<td>18 Oct 12</td>
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<tr>
<td>Girls MCCS Water Polo</td>
<td>Comp. Begins</td>
<td>18 Oct 12</td>
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<tr>
<td>Open’s Cricket</td>
<td>Trials</td>
<td>16 Oct 12</td>
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<tr>
<td>Yr 7-9 Cricket</td>
<td>Trials</td>
<td>23 Oct 12</td>
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<tr>
<td>Cricket</td>
<td>Downie Shield</td>
<td>25 Oct 12</td>
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<tr>
<td>Swimming Carnival</td>
<td>Entire School</td>
<td>23 Nov 12</td>
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**Broken Bay Sport**

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<thead>
<tr>
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<th>Event</th>
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<tbody>
<tr>
<td>Water Polo</td>
<td>Gala Day</td>
<td>16 Oct 12</td>
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<tr>
<td>Tennis</td>
<td>Gala Day</td>
<td>30 Oct 12</td>
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<tr>
<td>Volleyball</td>
<td>Gala Day</td>
<td>30 Oct 12</td>
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<tr>
<td>Biathlon</td>
<td>Carnival</td>
<td>9 Nov 12</td>
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<tr>
<td>Surf &amp; Life Saving</td>
<td>Carnival</td>
<td>9 Nov 12</td>
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<tr>
<td>Softball</td>
<td>Trials</td>
<td>21 Nov 12</td>
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<tr>
<td>Lawn Bowls</td>
<td>Gala Day</td>
<td>27 Nov 12</td>
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**NSWCCC Sport**

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<tr>
<th>Sport</th>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>U15’s Cricket</td>
<td>Trials</td>
<td>29 Oct 12</td>
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<tr>
<td>U19’s Cricket</td>
<td>Closing Date</td>
<td>5 Nov 12</td>
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<td></td>
<td>Trials</td>
<td>19 Nov 12</td>
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**Our College Rising Star**

On the 11th October Rohan Bright represented St Leo’s College and the Broken Bay Diocese in the All-Schools Athletics Championships. He performed extremely well earning himself numerous medals by placing first, second and third.

The results are as follows:

<table>
<thead>
<tr>
<th>Event</th>
<th>Medal</th>
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<tbody>
<tr>
<td>100m</td>
<td>Gold Medal</td>
</tr>
<tr>
<td>200m</td>
<td>Silver Medal</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Silver Medal</td>
</tr>
<tr>
<td>800m</td>
<td>Bronze</td>
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Well done Rohan!!
Parent Network

Over recent articles we have highlighted ways as parents you can engage in the school, its activities and your children’s learning. Over the next month there are many practical ways to get involved on offer:

Mr Gleeson Gift Hamper – Contributions by Wednesday 31 October delivered to College reception

As Mr Gleeson approaches his 6 month “anniversary” of recuperating the Parent Network would like to make a Hamper to deliver to him at home. Staff have been helping Tony and his family with meals over recent months.

Now as a parent community we would like to practically assist and ask students and their families to bring into the school office donations of:

- Non – perishable food items for 3 growing boys for morning & afternoon teas etc. These may include muesli bars, popcorn, fruit bars, lunchbox snacks, biscuits, juices, cake mixes or any other creative ideas
- Monetary donations to assist with hired help for garden and house maintenance.

Please bring in to college reception by 31 October so we can package up the hamper.

Seeking servers for tea & coffee for Year 7 2013 Information evening on Tuesday 6 November

Could you help welcome our new parents for 2013 into the school by serving a cup of tea or coffee at school from approx.6.45pm?. If you can help please email Marinela Mendes: mendes@bigpond.net.au by 31 October

Principal’s Update for Term 4 – last one for the year!
Wednesday 31st October 2012 from 7pm

Come along for a wine and cheese to celebrate the end of the year!

Marc Reicher will update on Sport for 2013.
Meet our new Year 12 School Leaders for 2013 and hear what is new for 2013 in the School Houses.

Year 7 Social event for Families – Sunday 4 November

Year 7 families look out for the invite coming home to celebrate the end of the first year of high school.

The opening BBQ was such a great success, let’s get together at the end of the year and meet the new friends!

Sunday 4 November from 5.00pm
Hotel Pennant Hills, Pennant Hills Road, Pennant Hills
Come for drink, dinner or coffee
Parents, children and siblings all invited
Playground, TVs etc. all on site

We will be reserving tables so we are all seated together.
So please email Julie Kelly on jojukelly@bigpond.com if you are coming. Julie just needs your family name and number of family members attending.

Your child may “misplace” the invite but come anyway and feel free to email with any questions.

**Uniform Shop outfitting for Year 7** 2013 is Saturday 10 November 9am-2.30pm.

**Uniform fittings for Year 11** 2013, are per the Uniform hours on Tuesdays and Thursdays.

**Thank you evening for all St Leo’s College volunteers:**
*Tuesday 13 November 2012 from 6pm.*
Look out for your invitation and join in to celebrate the achievements resulting from our collective contributions.

In other parent news:

**Who were the crowd of 600 parents at St Leo’s hall on 19 September?**

Hopefully some of you got there and heard the DPC Guest speaker on Growing Good Boys into Gorgeous Men. It was a funny, entertaining night which made us as parents feel we may not be alone trying to understand our teenagers.

There will be other free talks in 2013 so please read below:

As you know St Leo’s is a Broken Bay Catholic systemic school and we are part of a larger collection of parents under the Diocesan Parent Council.(DPC)
Each year $5 per family is directed from our school fees to support the DPC work.
So it is worth knowing what it offers you!

What officially is it?
The *Diocesan Parent Council* (DPC) is the official parent body recognised by the Bishop and the Catholic Schools Office (CSO) to represent all parents/carers of children attending Catholic Schools in the three Clusters of the Diocese of Broken Bay.

St Leos has a Parent Network rather than a P & F however, through our Board members we are still represented at their Cluster Parent Council and receive education and ideas.

You might have even recognized 2 of our Year 7 parents in the DPC Executive photo in the article from BBN News recently. We are very lucky that St Leos has voices in the DPC Executive who meet with the CSO.

What does it offer you?

- ✓ Free seminars like the hugely successful Celia Lashie at our Light of Christ Centre, Waitara (i.e. school hall).
- ✓ Great website full of resources for parents to enhance the learning and wellbeing of our children.

Here is a snapshot below but if you go into the website itself you will see links to resources like the Board of Studies etc. You can also view and RSVP to all the seminars on offer.
Diocesan Parent Council Website

Want to know what’s happening in our diocese?
The new DPC website aims to keep parents in touch with their child’s education and events within the diocese.

Available information for parents and schools includes:
- upcoming parent seminars,
- parent seminar presentations & notes
- relevant links for education & parenting issues
- practical resources and support for P&F teams

It is easy to register on-line for FREE Parent Seminars
Simply select which venue you will be attending, enter your name, email address and submit.

It is easy to locate websites to support your child at home
Simply click on “Parent Resources” and follow links to practical websites in and around our diocese.

It is easy to find out about DPC events & register for newsletter.
Simply click on Events for details on camps, seminars, workshops and other DPC functions.

Register for Parent Seminar
Select one *
Central Coast Cluster
Name *
First .................................................. Last ..................................................
Student *
Number of guests *
Submit
Community News

Car Boot Sale
Saturday 3rd November at Our Lady of The Rosary, Waitara (on the basketball court).
10am to 2pm.
Donation of $20 per car.
Money raised will assist African AIDS Orphanage, Holy Rosary Parish, South Africa.
Contact Georgina on 9482 9880 for further information.

DPC FAMILY CAMP
NOVEMBER FRIDAY 2nd – Sunday 4th

The DPC invites your family to join us for a weekend of family activities & adventure at the Broken Bay Diocese Southern Cross Outdoor Education Centre (Formerly Challenge Ranch)

The weekend will provide families from across the diocese with the opportunity to participate together in supervised outdoor activities.
The centres activities include 2 new Flying Foxes, High Ropes, Canoe Dam and Archery.

Come along to a great weekend and enjoy fun times, memories and laughter in activities with your kids that you may not have tried before.

Arrival: Friday evening Prices start from $235 one adult / one child
Departure: Sunday 2.00pm $445 for 2 adults / 2 children

ALL MEALS, ACCOMMODATION AND ACTIVITIES INCLUDED IN THE PRICE.

Contact: Margaret Channing – DPC Central Coast Coordinator
Tel. 0419 001 890 Email parentcouncil@dbb.catholic.edu.au
DPC Website www.brokenbayparentcouncil.com
Parents Walking Together in Partnership with School and Parish.
Saturday 20th October
9am - 3pm
Royston Pde, Asquith

ALL NEW RIDES!
Arts and Crafts
Clothes Swap
Christmas Grotto
Everything Cupcake
Gardening
Gift Baskets
Teddy Bear Cottage
Secondhand Books & Toys
Chocolate Wheel
Dunk Tank
Face Painting
Glow Room & Disco
Lucky Balloons
Slide Show Alley
Stretch & Snake
Adults & Kids Tumble
Apple Pies & Cream
BBQ
Devonshire Tea
Cakes
Home Made Jams
Hot Chips
Meat Pies
Sushi & Spring Rolls

AND MUCH MORE!

THANKS TO OUR MAJOR SPONSORS:
Building Positive Mental Health

The aim of this forum is to educate parents on strategies, which create an environment of positive mental health, within your family and help build resilience in your teenager. The forum will ensure parents have a repertoire of practical approaches, to instill coping strategies in their children, that let them 'bounce back' during challenges, like Stress, Depression, Anger, Failure and Social Pressures.

About the Speaker:

David Cifer has been working as an Adolescent and Family Counselor for the past 13 years in Adolescent Mental Health Facilities. He helped to set up and run one of the first residential drug and alcohol units, for teenagers in NSW, for The Ted Noffs Foundation, on the grounds of Cumberland Hospital in Parramatta, where he worked for 5 years. He has also worked in various Hospital Emergency Wards and drug and alcohol programs and also in outreach counselling services, where David's role was assessing teenagers for Mental Health and Drug and Alcohol issues. David has been managing the Ku-ring-gai Youth Development Service (KYDS) in Lindfield for almost 6 years. KYDS is a free counselling service for every 12 to 18 years old young person and family living on the North Shore of Sydney. Every day, David works closely with 20 State and Private Schools on the North Shore, creating the best Early Intervention Programs for students. David has also been the Chair of The Hornsby Ku-ring-gai Youth Network and Chair of the Northern Sydney Mental Health Working Party for the past 3 years, which provides advocacy for young people living on Sydney’s North Shore and lobbies Local, State and Federal Government to provide better Mental Health Services for young people living in Northern Sydney. David recently helped co-ordinate the Inaugural Hornsby / Ku-ring-gai Youth Forum at Abbotsleigh that attracted over 22 schools on the North Shore to participate in reducing the stigma of Mental Illness.

Date: Monday 22 October 2012

Venue: Level 3 Ku-ring-gai Council Chambers (818 Pacific Hwy) 6:30 to 8:30

Cost: $5.00 donation to KYDS

Bookings: Ku-ring-gai Council Youth Services on 9424 0837 or youth@kmc.nsw.gov.au

More Information: Please visit www.kyds.org.au
WEP Student Exchange – Imagine Life As An Overseas Teenager!
Study overseas in more than 20 countries with World Education Program (WEP) Australia.

Opportunities to live and study overseas are available to all Australian secondary students who enjoy a challenge and are willing to completely immerse themselves into day-to-day life in another country. These outstanding educational programs offer you the experience of a lifetime and promote understanding and peace between people from different cultures.

“You know the expression "It takes a village to raise a child"? I think it takes a village to host an exchange student as well, as I have had different friends and neighbours drive me to school every day this week! I have been invited for weekends all over France with various people and everyone is keen to show me their way of life and culture! I couldn’t be happier!”

~ Emma, semester program to France

Find Out More!
Visit www.wep.org.au or call 1300 884 733 (for the cost of a local call) to discuss suitable program options and request an information pack, including WEP’s free application form.

Upcoming Information Evenings

Melbourne
24 October / 7:30-9pm
Kingston Arts Centre
979 Nepean Highway
Moorab bin

Sydney
25 October / 7:30-9pm
Bowlers Club of NSW
Level 2 / 95-99 York Street
Sydney CBD

Brisbane
25 October / 7:30-9pm
Metropolitan Motor Inn
106 Leichhardt Street
Spring Hill
Everyone experiences change and struggle in life. Change can involve fear, loss and grief. Struggle can seem unending and pointless.

*Seasons for Growth* is a program dealing with loss and grief in its many forms. Loss of home, country, job, childhood, dreams, lifestyle. Grief through death, separation or divorce. It presents opportunities for personal growth and for participants to work with their own loss, change and struggle experiences.

**Seasons for Growth Adult Program**

Tuesday mornings – 10am-12.30pm
November 6, 13, 20, 27
Venue: Nulty meeting room
Hornsby Cathedral Parish, 23 Yardley Ave, Waitara.
(If you require an evening group please place an enquiry and I will work out a time given I have enough participants.)

Cost: $26 (which includes the Participant’s Workbook)

To register your interest or to receive more information contact:

Linda Power on 9483 2308; 0408 162 038
or email linda.power@dbr.org.au