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

The Gospel readings for the next five weeks are taken from John 6, a section of the Gospel that focuses on food, on hungry people, the need for food and food/bread as metaphors for life. This Sunday we will hear John’s account of the feeding of the five thousand with five barley loaves and two fish.

“Jesus said ‘Make the people sit down’. .... so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted.” (John 6:10-11)

Jesus demonstrates to the crowds and to his disciples that the answer to the suffering of the people, their liberation, is to be found in the care for each other. We often seek and sometimes demand extraordinary and complex solutions to the problems we face in life. It may be that we just need to take the time to sit together, actively listen to each other and appreciate the resources at our disposal. We just may just discover, we have all we need and more.

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

Welcome back to Term 3

Term 3 is a busy term full of information giving, conversations and celebrations, as well as the continuing classwork, homework and assessments. Year 8 and Year 10 will undergo a rigorous subject selection process for 2013 that will require a great deal of fact finding, evaluation and decision making. Year 11 will complete their Preliminary Course at the end of this term with their major exams. Year 12 will start their Trial HSC exams next week, which will finalise their school-based assessment for the HSC. We then have the graduation celebrations for Year 12 at the end of the term. Year 7 and Year 9, have a time to reflect on their performance in first semester, reset their goals and plans for the rest of the year.

I would also like to welcome Mr Adam Malcolm to the College staff. Mr Malcolm will be part of the Maths and Science faculties.
Parent/Teacher/Student interviews
I would like to thank all the parents, students and staff involved in the Year 7-10 Parent/Teacher/Student interviews over the past two weeks. It was pleasing to see that over 90% of our families joining us in conversations and being partners in the education of your children. Just a reminder that parents are more than welcome to contact their children’s teachers at anytime during term. If there was not enough time to fully discuss concerns at the interviews, please make contact with your child’s teachers to continue the partnership.

NSWCCC Knockout soccer
I had the great pleasure to accompany our open boys and girls soccer teams to Murwillumbah last week to represent the Broken Bay Diocese in the NSWCCC Knockout competition. Unfortunately both of our teams were knocked out of the competition. The students however were true ambassadors in their behaviour on the trip and the sportsmanship displayed on the field at times under adversity. I would like to thank the parents for supporting their children in attending the trip. I would also like to thank Mr Trotz and Ms Watts for their outstanding organisation and Will Fiedler for his expert coaching.

Year 9 Debating Team are into the final of the Metropolitan CSDA Competition:
We wish Andrea Dingley, Zoe Takala, Juliette Dahdah all the very best in their Grand Final debate tonight (27th July) against Wollemi at Notre Dame University. This team has gone through the season undefeated thanks to the efforts of the students mentioned above, as well as Monica Gonzalez, Bianca Italiano and Mark Bell. This is a fantastic achievement and I would like to thank Mrs Sheldon for coaching and support the team throughout the season. Good luck girls.

St Leo’s College Dinner Dance - 4th August
The St Leo's College Dinner is on the 4th August at Hornsby RSL. This is a very enjoyable night and a fantastic way to meet the parents of your child’s friends. It is not too late.

Parent Network Meeting - 7.00pm - 15th August - College Library
I encourage all parents to attend this meeting. There will be a Principal's Update, followed by a presentation ‘Going from Blame to Balance ... Conflict to Peace’ by our Director of Pastoral Care, Louise Fentoullis. As with all Parent Network Meetings there will be a time to share the collective wisdom of the group. It is a great way to meet other parents and pick up some helpful hints along the way.

Mr M Reicher
ACTING PRINCIPAL
Message from the Assistant Principal

Parent Teacher Student Nights
It was gratifying to see the number of parents and students who attended the Parent Teacher Student Nights held during the first and second week of this term. As a College we acknowledge that only in a partnership with parents can real success be obtained for the students. This review of the first semester results is one of the ways in which this partnership can be forged. We hope that the discussions generated between all the participants will enable reflection, renewed purpose, give guidance, acknowledge and give a focus to development.

The College encourages parents to keep in contact with the teachers. Opportunities to discuss the educational need of your sons and daughters are not restricted to only these Parent Teacher Student evenings.

If unforeseen circumstances meant that you were unable to make contact with your child’s / children’s teachers we encourage you to make contact with the College and arrange to speak to these teachers.

Behaviour on the railway station and safe train travel
Students should be aware that they need to engage in safe practices while waiting for their train at Waitara Station and traveling on the trains. Recently we have been reminded through media broadcasts of the dangers that trains can pose when people are not mindful of their environment. Students are not to play near the doors of trains but enter and quickly move to the seats provided. Games are not to be played on the platforms as this endangers not only the students involved but other passengers/railway workers.

The College would also request that students be mindful of their manners when travelling on public transport. Stand back from the doors to allow exiting passengers to alight, allow other pedestrians to use the stairs at the station and platform spaces safely.

It would be appreciated if parents could discuss these matters with their sons and daughters if they regularly travel on the railway system.

Wearing the College Uniform with Pride
As a society we have accepted the wearing of a corporate uniform in a large number of situations. Students who have part-time jobs in workplaces such as McDonalds, Coles, Woolworths and who aspire to careers in nursing and policing (to name only a very few) know that there is an expectation that these uniforms will be worn properly and in a lot of cases with great pride.

We ask no less of our students! In partnership with our parents the College asks that you discuss this issue with your sons and daughters. The poor wearing of the uniform would not be accepted in the workplace. The College asks that no less a standard be adopted at school.

We would also ask that parents assist the College by ensuring that your children have the proper uniform to wear to school. Uniform checks will be held over the next few weeks in an effort to assist students to wear their uniform properly.
Events in the next two weeks

WEEK 3
# Year 12 will be undertaking their Trial HSC examinations from Monday 30 July to Monday 13 August. A copy of the timetable can be found in this edition of the Pride as well as suggestions to assist with the studying. We wish all students facing this assessment activity all success.
# Year 9 will be on Camp from Monday 30 July to Wednesday 1 August. We wish them fine days and warm nights with which to enjoy their activities.
# Year 10 will undertake an excursion for Religion in support of their unit of study on Christian Diversity on Wednesday 1 August.
# Wednesday 1st August is permitted early leave at 2.25.
# Year 11 students are involved in the catechist mission to local public schools. This is an ongoing initiative conducted on Thursday mornings.
# On Friday 3rd August a number of our Year 11 students will undergo training as Eucharistic Ministers who will assist at liturgical activities within the College and support their parish communities.
# St Loe’s Catholic College Dinner Dance will be on Saturday 4th August, at Hornsby RSL starting at 7 pm.

WEEK 4
# Students in Year 11 will have the opportunity to nominate for senior student leadership this week.
# Year 12 Trials continuing.
# Tuesday 7th August at 7 pm the Information Evening for the Year 11 2013 Subject Selection will be held at the College. Letters communicating details of this evening have been sent to the parents of our Year 10 students.
# Friday 10 August Year 11 Biology has an excursion and Year 10 will participate in a Vocations Forum at the College. Yr 11 (2013) Subject Selections forms are due.

At all time parents are welcome to share in our Mass with us. We celebrate morning mass on Tuesday at 8 am and Friday lunchtime at 1.05. Two classes also participate with the Wiatara parish community every Wednesday at 9.30 at Our lady of the Rosary.

Mrs Susan White, Acting Assistant Principal
PARENT NETWORK MEETING
All members of the College Community are welcome. Wednesday 15th August 2012 from 7pm in the College Library.
Topic: Going from Blame to Balance ..... from Conflict to Peace. Strategies to resolve conflict. Presenters: Mr Marc Reicher, Acting Principal and Mrs Louise Fentoullis, Director of Pastoral Care.

FATHER’S DAY MASS AND BREAKFAST
Friday 31st August 2012, 7.30am in the College Chapel.
Bishop Rev David Walker ... celebrating Mass

NATIONAL SELF-DETECTION PROGRAM FOR SCOLIOSIS (NSDP)
Scoliosis (spinal curvature) is an important health problem for adolescent girls and 25 per thousand are at risk of developing a significant curve. Three girls per thousand require active treatment (spinal brace or surgery). Because in the early stages the condition is most often asymptomatic, screening in the age range 11-13 years is a sound preventative health measure. When school screening for scoliosis was abandoned we introduced the self-detection program as a practical alternative. See www.scoliosis-australia.org.

Attached below is a link to the Self-Detection Brochure. A copy has also been sent home with Year 7 and 9 girls. www.scoliosis-australia.org

YEAR 12
Gathering in Prayer
Today in tutor time we came together as a year group, gathering in the Chapel before our exams start next week. We prayed for one another and asked the Lord to look over us during our Trial H.S.C exams. Michael Kohne and Katherine Stebbings led us in prayer as we recognised the teachers and our parents who have supported us and believed in us during our senior years. Rhod-Lee Mercado read a passage from the bible about the Love of Jesus and the teachers were involved too. Mrs White, Mr Byatt and Mrs Sykes read their own prayer that gave thanks for our talents and acknowledged the Holy Spirit as providing a guiding light in our time of need.

Jeremy Ortiz

YEAR 10
Welcome back to Term 3.

All students in Year 10 had the opportunity to see the Brainstorm Production titled “Verbal Combat.” This was held on Friday 20th July In Berg Hall. The play was a dramatic representation, which highlighted some of the complex issues surrounding harassment among our youth. There are also follow-up activities during Tutor time.

During Week 2, all students will hear various presentations from KLA coordinators on selecting subjects for Stage 6.

Year 10 Coordinator,
Angelo Solomonides.
YEAR 9
Year 9 students will be going on Camp to Morisset on Monday 30th July to Wednesday 1st August. Reminder that the parent/student information pack is on the College website - this contains the student's gear list.

Mission News

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<th>Come Join Us in Eucharist</th>
<th>Every Tuesday from 8 am</th>
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<tr>
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<td>Every Friday from 1.05 pm</td>
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<td>Mass in the College Chapel</td>
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Feast of the Assumption
Wednesday 15th August. College Mass at 9am in the Light of Christ Hall. Parents are more than welcome to attend.

News from around the College

The Dickson’s Band Festival
On Thursday, 14th June St Leo’s Catholic College Symphonic Band participated in the Dickson’s Band Festival held at the University of Technology Sydney, Kuringai Campus. They performed in the High school B section and for the first time in many years were awarded Gold! The pieces they performed were “Defying Gravity” by Steven Reineke, “Relativo” by Robert W. Smith and “Stevie Wonder in Concert” arranged by Paul Murtha. Congratulations to the band conductor Lemin Luu and all the members of Symphonic Band.

Year 9 Debating
St Leo’s Year 9 students have secured a place in the Grand Final of the Catholic Schools Debating competition. Winning 8 out of 8 debates so far, this Friday night they will compete against Wollemi College. Whilst the topic for Friday nights decider is “Politics” - the nature of the topic and whether the team will present a negative or affirmative argument, will only be revealed 60 minutes prior to the starting time. We wish the girls the best of luck for Friday night.

Volunteers Needed
The College is seeking reader/writers to assist with the HSC Trial exams from the 30th July to the 13th August. Please contact Sarah Szacsvay (Literacy Program Parent Co-ordinator) on 0413 601 496, 9875 2843 or sbuttfield@hotmail.com if you are able to assist. We will also be seeking help for the HSC exams.
2012 HSC Showcase

St. Leo’s Catholic College
The Principal and staff warmly invite you to the opening of the 2012 HSC Showcase.

Music & Drama
HSC performances
Wednesday 29th August 6pm

Visual Arts & TAS
HSC Bodies of Work & Major Projects
Outstanding work from Years 7-11
Wednesday 29th August 7.00 - 9.00pm
Exhibition continues Thursday 30th August 9.00am - 11am

School Hall Entry via Unwin Rd, Wallanong
Light refreshments and drinks served on Opening Night
Tickets at door $5 Adults, $3 Children, $10 Family
Sport News

Sports Coordinators Message

I would like to start by welcoming everyone back to school for Term 3 after such a successful term in sport.

At the end of term 1 and leading up to the term 2 sports season we had our largest group of players across all ages trial for our representative teams in soccer and netball. We also had our largest teams being represented at Broken Bay in Cross Country.

Further to our success last term was our annual athletics carnival that turned out to be a perfect day. The carnival was very enjoyable for many students and allowed the College to identify our elite athletes who were selected to join the athletics squad that will compete in the Broken Bay Carnival during Term 3 in Week 6 on Tuesday 21st August 2012.

What put the icing on the cake was the fantastic grand final win we had by our year 10 Netball team. They are now reining champions for two years running within the MCCS sports competition.

Term 2 finished with an Assembly that recognized the achievements of all our representative sports players and their extra achievements.

This time last year the College achieved the following Grand Final victories:

A Grade Cricket, Open Water Polo, Year 9 Netball and A Grade Netball.

Presently in 2012 we have achieved the following victories:

A Grade Basketball, A Grade Cricket, 16’s Cricket and Year 10 Netball, BBSSA Open’s Touch.

So far in 2012 we have also had our best sporting results and representation in Tennis and Cross Country.

In the last two-three years we have managed to be very consistent with our success in sport. The quality and success of our athletes has improved immensely but more importantly students are committed to the task ahead and enjoy playing together in representative sport to achieve similar goals, particularly with our junior and inter students.

Netball Success in Term 3

During the course of term 3 our girl’s netball teams did extremely well proving to be very competitive with all other teams.

A huge congratulations must go out to all the netball players in each of our teams for giving up their time to represent the College. This takes a lot of commitment.

Year 7 were competing for their first time in the MCCS competition and adapted well to the competition only narrowly missing out in the finals. However, the credit must go to our year 10 team. They have now been the reigning champions for two years in a row.

Our year 10 netball team caused the biggest upset in the MCC when we defeated Woolwich who were on top of the ladder in the semi finals.
The year 10 team played a magnificent Grand Final against Catherine McAuley (our former coaches team – Ms M Young). The girls peaked at the right time of the year and were very much on top of their game winning another championship.

The year 10 Netball Squad consisted of the following players:

Amelia Richards, Mikayla Eves, Shannon O’Keeffe, Serena Rivett, Nicola Booth, Nicole Cesti, Sophie Bryce, Lizzie Maher, Corinne Mack, Meg Fletcher, Shannon O’Connor, Terri Slater, Stephanie Harant.

Well done girls!!

**Boys MCC Golf**
The boys began the day on what looked to be a nice day but soon became a cool and windy day with light rain on and off.

Our boys did well proving to be very competitive in what was a great day out.

Thank you to Mr Charlier for looking after the team on the day.

Team consisted of: Albert Watts and Robert Murray

**St Leo’s MCC Tennis Triumph**
On Thursday 19th July the St. Leo’s boys MCC Tennis team, consisting of seventeen students, travelled out to Illawarra Tennis Centre to compete in the MCC tournament. The boys took to the court well prepared, with specific tactics and game plans in mind. They all put in a solid effort, displayed good sportsmanship both on and off the court and were competitive against the other colleges.

In particular, congratulations to Jake Seiler (13’s singles), Oliver Hing (15’s singles), John Carmody and Daniel Cronin (15’s Doubles) and Ryan Drewett (Open’s singles) who all made the semi-finals of their respective events. Further congratulations to Ryan Drewett, who showed perseverance and determination to produce the standout performance of the day, taking out the Open’s Singles title. Ryan consistently played a very high level of tennis to overcome his opponents, with a dominant 6-3 victory in the final.

At the conclusion of the tournament a trophy is awarded to the most improved school. This is based on the increase in the total number of games won across all matches compared to that of the previous year. This year, St. Leo’s was the recipient of this award. Congratulations and well done to each member of the squad as their combined efforts and ability on the court enabled St. Leo’s to achieve this award, one which the boys thoroughly deserved. It is fantastic to see that the St. Leo’s tennis team is continually improving and becoming stronger and this is now recognised within the MCC sports association.

Justin Mack
Representative Tennis Coach
MCCS JUNIOR & INTERMEDIATE

SOCcer

TERM 3, 2012

VENUE: Everley Park + Melita Stadium, Auburn

STARTING TIME:

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<th>Intermediates</th>
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Referees: Field referees will be paid $20 a game. They will have the assistance of another referee who will run the line for $10 a game. Marist Sisters will bill all schools at the end of the season.

Participating Schools:
1. Marist Sisters’ College Royal
2. Trinity Catholic College
3. Bethlehem College
4. Catherine McAuley
5. St. Patrick’s’ College
6. Terra Sancta College
7. St. Leos College
8. Marist Sisters’ College Sky

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### Junior Draw

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OZTAG football is the latest craze in recreational sport that now has competitions running all over Australia. The game is low/medium-contact sport and the rules are designed to encourage this.

OZTAG is a great way to keep active and maintain fitness in the summer months.

Who: Junior Boys, Girls and Mixed teams u/6 - u/16

Enquire about seniors competition

Where: Foxglove Oval Mt Colah

When: Tuesday from 4pm onwards- term 4

Season Starts: 9th of October

Registration: Tuesday 11th and 18th of September at Foxglove Oval Mt Colah

Prices: $60 registration fee

$25 OZTAG shorts

Contact us at:

hornsbyjunioroztag@yahoo.com.au

OR

www.sydneyoztag.com.au

& Call Scott or Sarah on 0420417398
This week we are highlighting the Literacy & Numeracy Support team

Who are they?
This is a wonderful group of men & women who volunteer to help the students of St Leo’s. This group is run and organised by a mother of past students who still dedicates her time and energies to develop children. The leader, Sarah Szacsvay, works very closely with the school’s Director of Learning and the leadership team.

Students of all ages requiring support or assistance in Literacy or Numeracy see their volunteer on a regular basis for guidance and practice of their skills.

What could I add?
One of the best outcomes of the support for the student is simply the encouragement and safe environment to give their work a go.
You do not need any finely developed skills!

How will I know what to do?
The group leader, Sarah, provides all the help you need and the other volunteers are a great support and a social group amongst themselves. Training is also provided by Tony Guilliford, the Literacy Coordinator at St Leos. You pick up some great tips for your own children as well!

How can I join or find out more?
If you can spare approximately an hour to assist with reading and spelling, then please contact Sarah Szacsvay, Literacy Program Parent Co-ordinatorPhone: 9875 2843, Mobile: 0413 601 496, Email: sbutfield@hotmail.com
You can play a part, no matter how occasionally!
Many of us cannot commit on a regular basis but this group also need occasional extra help during exams periods

URGENT REQUEST FOR HELPERS- parents or uni students - STARTING Monday 30 JULY

HSC TRIALS – ARE YOU ABLE TO HELP THE CHILDREN WHO NEED THE ASSISTANCE OF A READER/WRITER FOR THEIR EXAMS?
ARE YOU INTERESTED IN GETTING A FIRST HAND LOOK AT THE HSC EXAMS YOUR CHILDREN WILL SIT ONE DAY?

St Leo's would really appreciate any parent or ex-student who can volunteer for 3-4 hours to help some Year 12 students.
These students need someone to read & write for them to enable them to complete their trial exams.
You only require 15 minutes training/direction prior to the exams.

We are desperate for 12 people to volunteer on one (or more) of the following dates:
Monday 30 July AM
Tuesday 31 July AM
Tuesday 31 July PM
Thursday 2 August AM
Friday 3 August AM

If you can assist please contact ASAP Sarah Szacsvay on 9875 2843 or 0421082909.
Training will be available either on Thursday 26 July at 10.30am in Science Block Conference room (with morning tea!) or in the 15 minutes before exams start on Monday 30 July at 8.30am.

Many thanks for considering this request.

If you unable to help this time but would be interested to assist as reader/writer for the HSC exams later in the year please still contact Sarah now and indicate your interest.

If you are looking for a different involvement -

St John's Wahroonga - Soup Van
Join other volunteer families to prepare and serve hot meals to those without a home in the Hornsby area. For more information please contact Connie Klimko, St John’s Soup Van Co-ordinator on Mobile: 0407 603 877 or Email: leosparentnet@y7mail.com
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<th>Date</th>
<th>Event Description</th>
<th>Details</th>
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| Wednesday 15th Aug 2012 | Principal’s Update                                                               | St Leo’s support of students is extra-ordinary and different to many schools. Come along to better understand how St Leo’s successfully encourages students in:  
- Taking responsibility for their behaviour
- Getting it together and staying in balance
- Learning to self-evaluate
- Understanding how & why we behave.  
As always, the St Leo's staff and Parent Network look forward to seeing you and appreciate your participation in the discussion with other parents, many often bewildered by their children’s ‘adolescence thinking’ or lack thereof. |
| Friday 31st Aug 2012   | Father’s Day Mass                                                               | Celebrating Father’s Day at St Leo’s starting with a mass at 7.30am followed by a light breakfast. |
SOME FANTASTIC YOUTH MINISTRY EVENTS. WE WOULD LOVE YOUR SUPPORT IN PROMOTING THEM AND IF YOU ARE INTERESTED, TO ATTEND.

EVENT 1: DIOCESAN PRAISE AND WORSHIP NIGHTS!

We are very excited to announce the launch of Broken Bay Diocesan Praise and Worship Events! Come along to our kickoff event with the internationally known Fr. Rob Galea. Fr. Rob is a young, ordained Catholic Priest. He is a singer and songwriter and has recorded with artists such as Guy Sebastian, Paulini, Gary Pinto, Natasha Pinto and Amelia Farrugia and shared the stage with the likes of Matt Maher, Hillsong United, Darlene Zschech and more. Our very own Bishop David Walker will be with us and giving a catechesis on Grace. Experience contemporary, soulful music with Fr. Rob and uplifting catechesis with Bishop David.

Details: Friday 3rd August, St. Patricks Catholic Church, Asquith. Corner of Royston Parade and Baldwin Ave, Asquith 6:30 – 9pm
Facebook: Please see the event page on Facebook for more information, updates and of course, sharing the invitation to friends.
Link: https://www.facebook.com/#!/events/414240871962033/

EVENT 2: MUSIC WORKSHOP WITH FR. ROB GALEA

Come and join Fr. Rob Galea for a FREE music workshop designed to help you make Liturgy and Mass more youth friendly. Fr. Rob is a young, ordained Catholic Priest. He is a singer and songwriter and has recorded with artists such as Guy Sebastian, Paulini, Gary Pinto, Natasha Pinto and Amelia Farrugia and shared the stage with the likes of Matt Maher, Hillsong United, Darlene Zschech and more. If you are part of a band and school, youth group or your parish, are a singer or are interested in making Liturgy more youth focused - Don’t miss this opportunity to learn more about Liturgy that can enrich the lives of young people.

Details: Saturday 4th August, St. Patricks Catholic Church, Gosford. 76 York Street, East Gosford. 10 – 12pm
Facebook: Please see the event page on Facebook for more information, updates and of course, sharing the invitation to friends.
Link: https://www.facebook.com/#!/events/385336081532370/
The DPC are proud to be bringing to Australia...

International bestselling writer and storyteller

**CELIA LASLIE**

*Author of*

- He'll Be OK
- The Power of Mothers

NO COST for Parents
Sponsored by the DPC

September 19th 7.30pm Sacred Heart Catholic School, Wyong
September 20th 7.30pm St Cecilia’s Catholic School, Wyong

For further details watch your school newsletter, talk to your P&F or visit the DPC Website: [www.brokenbayparentcouncil.com](http://www.brokenbayparentcouncil.com) to register on-line.

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**At a Glance**

**This Term with the DPC**

**TERM 3 Parent Seminars**

International Author
Celia Laslje

**Wednesday September 19th & Thursday 20th**
Both 7.30 pm

**“How to help anxious kids”**
CSO School Counsellors
Wednesday 8th August
Thursday 9th August
10 am & 7.30 pm on both dates

**P&F Workshops**
Financial Matters
Tuesday August 7th 7 pm
Learning Better Together
Wednesday 12th September 7 pm
(see website for details)

**Contact the DPC**
parentcouncil@dhb.catholic.edu.au
Phone: 9847 0340

**DPC Website**
[www.brokenbayparentcouncil.com](http://www.brokenbayparentcouncil.com)

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"How to help anxious kids"

**What is typical? How to assist kids to cope**

When and how to seek help?

Anxiety is affecting more children and impacting on their school learning.

When should parents be concerned about how serious their children’s / adolescents’ fears and worries are? Hear practical strategies for helping your child.

Find out about services available in Broken Bay schools provided by the Catholic Schools Office.

**Four convenient locations and times**

**Day-Time Seminars** 10 - 11.30 am
- Wednesday 8th August  St Mary’s Catholic School, Toukley
- Thursday 9th August  St Kieran’s Parish Hall, Manly Vale

**Evening Seminars** 7.30 - 9 pm.
- Wednesday 8th August  St Gerard’s Catholic School, Carlingford
- Thursday 9th August  St Patrick’s Catholic School, East Gosford
From your DPC President

Hello,

On behalf of the DPC I would like to warmly welcome all our students, parents and staff back for Term 3.

This term the DPC are extremely pleased to be bringing you the high quality and sort after international speaker Celia Lashtie. We encourage you to take the opportunity to attend the DPC sponsored seminar to hear information on parenting boys.

In response to requests from parents at last term’s “How to motivate your child” seminars, we will also be conducting sessions on anxiety and children. These will again be facilitated by our Broken Bay school counsellors at convenient daytime and evening sessions to provide strategies to assist parents to support their child.

We look forward to welcoming you to these functions. Have a great term.

Warmest Regards,

Mark

Mark O’Connell (DPC President)

FAMILY CAMP – CHALLENGE RANCH

NOVEMBER Friday 2nd – Sunday 4th

The DPC invites your family to join us for a weekend of family activities and adventure at the Broken Bay Diocese Challenge Ranch Outdoor Education Centre Somersby.

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 such as Abseiling, Flying Fox, Rock Climbing & Archery.

Arrival: Friday evening 3:00pm  
Departure: Sunday 2:00pm

Prices start from $235 one adult / one child: $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 or Email parentcouncil@dbb.catholic.edu.au

or visit the DPC website www.brokenbayparentcouncil.com for more information.

For P&F Teams

NEW Resources on DPC Website

www.brokenbayparentcouncil.com

Templates & Information from the P&F Workshops

For Parents

Resources & Links

• Family Wellbeing
• Education & Learning
• Cybersafety

The Diocesan Parent Council (DPC) works in partnership with Bishop David Walker, the Diocese of Broken Bay Catholic Schools Office (CSO), School Staff and Parishes to support the Catholic education of our children.

President – Mark O’Connell, Vice – President – Renee Rigby, Treasurer – David Rasmussen

Executive Officer – Carmel Hewitt, DPC Coordinator – Cathie Renfree parentcouncil@dbb.catholic.edu.au

Cluster Coordinators: Central Coast – Margaret Channing; North Shore Cluster – Louise Johnson; Peninsula Cluster – Kerrie Glass

Your School Community  Your P&F  Your Diocesan Parent Council


“How to help anxious kids”

What is typical? Helpful strategies for families?
When and how to seek help?

Anxiety is affecting more children and impacting on their school learning.

When should parents be concerned about how serious their children’s / adolescents’ fears and worries are? This seminar will provide parents with:

- a better understanding of anxiety,
- a range of causes of anxiety and
- strategies for assisting their children and adolescents.

It will also outline services available in Broken Bay schools through the Catholic Schools Office

<table>
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<tr>
<th>Day-Time Seminars</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>Wednesday 8th August</td>
<td>10 - 11.30am</td>
<td>St Mary’s Catholic School, Toukley</td>
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<tr>
<td>Thursday 9th August</td>
<td>10 - 11.30am</td>
<td>St Kieran’s Parish Hall, Manly Vale</td>
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<tr>
<th>Evening Seminars</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>Wednesday 8th August</td>
<td>7.30 - 9pm</td>
<td>St Gerard’s Catholic School, Carlingford</td>
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<tr>
<td>Thursday 9th August</td>
<td>7.30 - 9pm</td>
<td>St Patrick’s Catholic School, East Gosford</td>
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Registration / Further Information
Contact Cathie - DPC Coordinator
Register on-line at the DPC Website:
www.brokenbayparentcouncil.com
Ph: 9847 0340 or
Email: parentcouncil@dbb.catholic.edu.au

We appreciate the unpredictable nature of family life, so RSVP if you can to give us an idea of numbers but you are still more than welcome to come along on the day / evening

ALL WELCOME NO COST

Presenters:
The Catholic Schools Office employs school counsellors across the Diocese who are responsible for the provision of mental health and counselling assessment services to school - age students.

All counsellors are registered psychologists or social workers who work with principals, teachers and parents to contribute to enhancing student mental health and well-being. Counsellors from each respective cluster will present at the seminars in their local area.
Transitions, Body Image, Stress, Technology

Where?

Hornsby  
Mission Australia – 1 Coronation Street  

Galston  
Community Health Centre - 17 Arcadia Road

Who?

Greg Powell has worked as both a clinically-trained psychologist and a primary school teacher. He is an experienced presenter and has given seminars for both adolescent and adult groups in Northern Sydney across a variety of topics relating to parenting, education and mental health.

Angie Wilcock is an Australian expert and speaker on transitions in education. A published author with a strong teaching background, Angie now works with teachers, parents and students in this specialised area. Her sessions are a mix of humour, information and real strategies to support families.

Dove BodyThink for Parents has been designed to inform and educate parents about self-esteem, body image, media literacy and the many factors that influence and impact children growing up in today’s world.

Reach Foundation was established in 1994 by Jim Stynes OAM (AFL Brownlow Medalist) and Paul Currie (Australian film director). Reach has been making a positive impact on the lives of young Australians for nearly 20 years, promoting mental health and well-being.

Enquiries/Bookings

Please contact CAFS (Mission Australia) on (02) 9482 1366 during business hours. Bookings are essential.
Communicating with Teens Course

- influence your teenager's behaviour
- understand the stages of development of teenagers
- feel more comfortable with your teenager's highs and lows
- keep lines of communication open between you and your teenager
- cope with your own and your teenager's anger in a constructive way
- learn how to get your point across and also listen to your teenager's point of view
- learn how to resolve "issues" between your teenager and yourself and still keep the relationship intact
- ....... plus more ideas on how to build relationships - what works and what doesn't work!

COURSE VENUE: CHATSWOOD  5wks/2.5hrs
When: Monday, 20th August, 2012 (7.00pm - 9.30pm)
COST: $150 per person   Concession: $125 per person

Dealing With Teen's Back Chat Workshop
VENUE: CHATSWOOD
When: Monday, 13th August, 2012 - 7.00pm - 9.30pm - $40 per person

Triple P (PPP) Teens Seminar Series
available on request - to organise these or for details of Workshops/Seminars scheduled for this term, phone 9887-5830

TO ENROL, PLEASE COMPLETE THIS FORM

Family Name: ........................................................................................................................................ First Name(s):........................................................................................................................................
Address: ................................................................................................................................................ Suburb: ................................................................................................................................................ Postcode: ........................................................................................................................................
Phone: (h).................................................................(mobile)........................................................................... ☐ M ☐ F (Please tick) Ages of children: ........................................................................................................
Email address: .........................................................................................................................................

☐ COURSE ☐ WORKSHOP

CONCESSION CARD NUMBER MUST BE QUOTED IN ORDER TO RECEIVE CONCESSION. Concession No.: ........................................................................................................................................
NSCCH employees ONLY: (20% discount) Department & Hospital ....................................................................................................................
Pay Money Order/Cheques to ‘Northern Local Health Network and post to: Child & Adolescent Parenting, PO Box 142, North Ryde 1670  OR  fax 9887 2941.
Credit Card: Master Card ☐ Visa Card ☐ AMOUNT: $________________________________________

Cardholder’s Name: (printed) ........................................................................................................ Cardholder’s Signature: ........................................................................................................

Enquiries: Child & Adolescent Parenting • 9887 5830