The 13th Sunday in Ordinary Time –  
“…No one who puts a hand to the plough and looks back is fit for service in the kingdom of God…”  

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

Many people I have come across have the impression that Jesus speaks to his people in “riddles”. Well yes sometimes he does (I believe he is giving us a choice – and we are asked to reflect upon our thoughts and actions – before we move onto the next step) but in this Sunday’s Gospel he is stating the realities without any sugar coating. There is no hostility, but there is a clear statement, without modification or qualification, of the requirements for following Jesus and being a disciple of the kingdom of God.  
We are challenged on an everyday basis – whether it be in school, work, home or even at recreational events to be true people in the Kingdom of God.  
In today’s Gospel Jesus sets out the demands that are placed on us. Very rarely would we live up to these 24/7 in all situations. We falter – what is important is the **intentionality**.  
It is our **intention** that matters. What is the real reason we are doing this for? Is it because we are given boundaries within the laws of today’s society?  
At last week’s Assembly of Excellence I addressed the students about this same theme – that is what makes St Leo’s Catholic College different from the many other schools in our local area? The answer – it is our intentions that are different. Many schools would be able to recognise students for academic, sport, culture and diligence. But why is our school different? Why are we doing what we are doing? Is it because it lies within the laws that govern us? Is it because we have been told to do things? Or is it because of our specific understanding of the Kingdom of God? Here at St Leo’s - we strive for the latter. It is not easy – it is demanding, it is sacrificing, it is 24/7 and also it is at times onerous.  
I explained that the five College values – Respect, Integrity, Hope, Dignity and Justice could be (and are) values that other schools have. But in the context of the Mission of the Church – we look and enact on these values from the basis of our faith. That is what defines a Catholic school. This is the reason we do things here at St Leo’s.

**KYDS Drug / Alcohol Forum:**

Last Monday evening – Mrs Fentoullis, Mrs Newham and myself attended KYDS Drug / Alcohol Forum at Ku-ring-gai Council.  
The speakers were David Citer (KYDS Counsellor), Supt. Robert Critchlow - NSW Police Commander of North Shore, Julie Rae - Head of Information and Research, Aust Drug Foundation, and Mr Kwan (father of deceased Henry Kwan - Yr 12 student at Turramurra High).
It was a very informative evening and it has already been a catalyst of discussion about how we can further address this issue here at St Leo’s.
One of the most telling statistics that was given is the average time a father in the Northern Suburbs engaged with his children each day – 14 seconds!
It was good to see 5 or 6 of our students there with their parents. The chambers were full with over 150 people - and Today Tonight was also filming.
There will be further details of our initiatives early next term from Mrs Fentoullis – our Director of Pastoral Care & Well-being.

“Notes Sent Home” Page on the Website
A reminder to parents that there is a “Notes Sent Home” page on the College Website that affords parents and students the ability to print out notes that have ‘disappeared into the ether’ for camps, excursions, incursions, exam notifications etc.

Our Building Plan – Commences!!
Both in our College Strategic Plan (2012 – 2014) and our Annual School Improvement Plan – our third goal is improving our physical learning environment. I am pleased to say that works commence these holidays.
Our first stage will be the refurbishment of the “Science block”. Currently we have 6 labs (somewhat antiquated), a hall, two science prep rooms, conference room (holds about 12 people) and a girls’ bathroom and toilets. This will be revamped into 4 new labs, 2 demonstration labs, 7 general learning areas (GLAs) and a WHS compliant prep room.
This science block will be done in stages so students still have access to science labs for their curriculum.

This will benefit all students as well as providing other areas for learning, whilst A,B & C GLAs are refurbished sections at a time.
Our most important priority over this building program will be the absolute minimisation of disruption to learning – particularly as our seniors move closer to their Trials and HSC. Lockers will be relocated to other areas of the College, hence we need students to empty these lockers before the holidays.
I will keep you updated through the College website.

Congratulations to our Aerobics Girls! -
Not only because of their outstanding performance at our Assembly – but due to their fantastic results at the NSW State Championships at Sutherland. As a result of their hard work and time over the past 6 months – 18 of the girls (three teams) will head off to the Gold Coast in August for the Nationals. Well done girls – the aim is set high – Gold, Gold, Gold!
Parish of Holy Name, Wahroonga – 65th Anniversary!

This year marks the 65th Anniversary of the foundation of the parish by Cardinal Gilroy in 1948. This wonderful milestone will be celebrated with a parish carnival (with a 1948 theme) from 4.30 – 8.30pm with a variety of activities. Next year they will be celebrating the 60th anniversary of their parish church. There will be a special Mass at 9.15am on Sunday 23rd March 2014. St Leo’s will be celebrating with the parish in both of these major events.

Term II 2013:
Being the final week of Term 2 – looking back over these very busy 9 weeks – we all have achieved a great deal. The term included the College Track & Field Carnival and last week the PAWS Musical Evening. What an extravaganza of talent amongst our young women, men and staff!
At the Assembly of Excellence last week I also reminded the all of some of the activities over the last 9 weeks. Events such as: the Yamaha Festival (Silver Award), Year 10 Allwell Careers program in their Tutor Groups, our suite of Winter sports, Debating, NAPLAN testing, the Music Camp, Yr 10 Street Retreat program, Yr 8 Camp, Yr 11 Retreat, Yr 12 Retreat, Immunizations, photographs for the Yearbook, Parent Network Meeting on exam preparation, Aerobics Competitions, Year 12 Careers Expo, Visual Arts Camp at Bundanoon, twice weekly Masses, Charity Fund raising, Vinnies Winter Appeal, Parent Teacher Student Evening for Stage 6, KLA specific excursions, Police Youth Liaison Visits, The Outback Pilgrimage to Menindee and the list keeps going.
All of these activities occur while quality teaching and learning take place in 6 periods for each of the 45 days.
Not a bad effort for the nine weeks! I take this opportunity to thank my staff for all their dedicated hard work and thank all the St Leo’s parents for their support and hope you enjoy the time with your young people.

Mr A F Gleeson
Principal
Holiday Revision.
These holidays, while an opportunity for everyone to renew and refresh, are also an important time for our Years 11 and 12 students to focus on revision. For Year 12 they start their important trials in week 4. On the College web site are the details of study opportunities available to the students during the upcoming two week period. It is vital that by this stage our Year 12 students are putting in place a systematic program of revision. This will assist in relieving the stress that can occur in the build up to their HSC. Having confidence in a valid revision program that has been tested in the Trials will give them confidence in facing their HSC. For Year 11 the students will be starting their final term for Year 11. To have your student engage in some meaningful revision would be to their best advantage. Good habits take time to develop and success can not be achieved on the back of a limited 'just in time' program of revision. Encouragement by parents is vital to the success of any program of study.

The standard you walk past is the standard you accept!
The holiday periods are when our students can become very creative with their personal grooming especially as it relates to hair cuts and colour and to piercings. Could I ask our parents to be mindful of the College Grooming Rules. If uncertain please check the College Diary. All too often students are questioned about the appropriateness of their personal grooming when they come back to school. A discussion between parent and child before the hair cut, colour or piercing can save a lot of heart ache and discipline later.

Wearing School Uniform
The recent wet weather has revealed some concerns with the wearing of the College uniform. It is requested that all of parents please check, repair and replace if necessary those components of your child's uniform causing problems. Of particular concern is the wearing of black canvas shoes in place of the leather ones required. If your child needs new shoes please check in the College Diary for the appropriate footwear required. Do not get talked into buying something because 'all their friends are wearing it at school'. If you are leaving it to your son/daughter to buy the required clothing or footwear - please check that they have the correct clothing/footwear. What we don’t want happening is where you go to an expense in the holidays and then are required to replace the items with the correct uniform once school has started.

Drugs
This topic has been raised as an issue of concern with the recent tragic events. Yesterday we had Senior Constable Julie Jones - our School Liaison Officer - come and speak to all our Year 10 students. This issue was raised with a number of others. One message Senior
Constable Jones left with our students was the need to be vigilant when in a ‘party’ situation and, when out with friends, to look out for one another. These synthetic drugs are so unknown in their composition that health professionals can not predict how individuals will react when they consume them. However all state that they are damaging both in their short and long term effects.

**Events in Term 3**

15 July Staff return to school  
16 July Students return to school. Week A  
16 July First P/T/S Session. Students conclude at 12.45. Session starts at 1.45 till 8.0pm  
17 July Early permitted leave  

22-26 July Year 12 Assessment free week  
23-25 July Year 11 Abbey Pilgrimage  
24 July Second P/T/S Session. Students conclude at 12.45. Session starts at 1.45 till 8.0pm  

29-2 Aug Year 12 Trials  
29-31 Aug Year 9 Camp  
31 July Year 8 Allwell Testing  
31 July Early permitted leave  
31 July Board meeting  
2 Aug Year 10 Religion Excursion  

5-9 Aug Year 12 Trials  
5 Aug Process for selection of 2014 Senior Student Leadership begins  
6 Aug Yr 11 (2014) Subject Information Evening 7pm  
5 Aug Years 9 and 10 Reflection Activity Day  
7 Aug Year 8 Reflection Day  
7 Aug Vaccinations  
9 Aug Year 11(2014) Subject Selection Forms Due  
9 Aug Year 10 Vocations Forum-all day  

12 Aug Year 12 trials conclude  
13 Aug Year 12 classes resume  
14 Aug Early permitted leave  
15 Aug Feast of the Assumption: combined Parish, OLOR and St Leo’s Mass at 9.30am  

19-23 Aug Year 11 Work Placement  
20 Aug Year 9 (2014) Subject Info Evening at 7pm  
23 Aug Year 9 (2014) Subject Selections Forms Due  

26-27 Aug Year 11(2014) Subject Interviews  
28 Aug Early permitted leave  
28 Aug Board meeting  
29 Aug 2014 Student Leadership Camp  
30 Aug Father's Day Mass and Breakfast  

2 Sept Year 11 Assessment Free Week  
4 Sept Year 10 Social Justice Day
4 Sept Parent Network Meeting
4 Sept PAWs evening 6 to 7pm
6 Sept Whole College Assembly

9-13 Sept Year 11 Examinations
11 Sept Early permitted leave
16-20 Sept Year 11 Examinations
18 Sept Year 12 Graduation Day Celebrations - Breakfast, Thanksgiving Liturgy, Graduation Mass, Presentation Evening
18 Sept 2014 Student Leadership Induction Ceremony
20 Sept End of term
22 Sept O/s trip departure.

Mrs Susan White, Acting Assistant Principal

Inform and be informed - this was the message conveyed at the DRUGS IN COMMUNITY Forum held on Monday 24th June, 2013 at the Kuring-gai Council Chambers
The speakers were David Citer (KYDS Counsellor), Supt Robert Critchlow - NSW Police Commander of North Shore, Julie Rae - Head of Information and Research Australian Drug Foundation and Mr Kwan (father of deceased Henry Kwan - Year 12 student at Turramurra High).

Some important information:
• Alcohol is still the greatest concern
• Synthetic drugs are now available that mimic existing drugs, the aim being to avoid existing drug laws. Synthetic drug industry is worth $700 million a year
• Serious side effects of taking these substances include: psychotic episodes such as imagining spiders are crawling all over you, over heating of the body that causes you take off all your clothes even in the public domain

Some key strategies:
Parents have the greatest influence on their children - education is the key. Educate your children about the danger of drugs. Build a relationship of trust with your children.

Sit down with your children and create a PARENTS’ PLEDGE FOR SAFETY - which includes an agreement to collect them at any time, from any place, for any reason. Teenagers also need to agree to contact parents.
Below is a link to a list of phone numbers that pertain the physical, emotional and psychological wellbeing of your children. It is a fantastic resource to have at your fingertips. Whilst we all hoe and pray these numbers never need to called, it's reassuring to know they are here if needed.

Louise Fentoullis
Director of Pastoral Care

Careers Expo – Year 12 went to a careers expo at Homebush on 21st June. This experience gave the students the opportunity to talk to people from all major universities and private colleges. This assisted the students with making decisions about their uni preferences and future careers.
Thank you to Mrs Sykes for organizing the days for everyone.
Holiday Study – With the holidays upon us, it is very important that year 12 have a structured study/revision program in place. HSC trials are in week 3 and 4 of Term 3, so students should be well on their way to getting their study notes completed. During the holidays there will be some lessons running at the College for year 12 students. These lessons are not compulsory and no new content will be taught. I strongly encourage students to take advantage of the opportunity to revise with their teacher and peers. The College library will also be open on certain days of the holidays for individual study and access to resources. Thank you to the staff that are giving up their time during the holidays to hold these extra lessons. Please refer to the timetable below for lesson times.

YEAR 12 HOLIDAY LESSON TIMETABLE

I wish everyone a happy and safe break and good luck Year 12 with your study and preparation for your HSC trials.

Miss Watts
Acting Yr 12 Coordinator

During tutor time, students in Year 11 have engaged in follow-up activities on the “Brainstorm” drama production titled “Wired.” The activities focussed on issues of stress and mental health.

On the Friday 21st June, the College Community witnessed an intense game of Basketball between “The Staff All-Stars” and students from Year 11. Kiernan Damayo from Year 11 also came to “Chair” the match and even took part in the game late in the second half. The reason for this event was to raise money and awareness for the Disease that Kiernan has been courageously fighting - Hodgkin Lymphoma. Scores were locked at 18-18 at full time and Kiernan decided that we should go into extra time. It proved to be a great decision with the students winning the match with a score of 21-18.

I would like to thank the Year 11 Co-hort for “driving” this event, the staff and students who participated in the tough match, the college community for their donations and to Kiernan.

I wish all Year 11 students and families a safe and enjoyable winter break.

Angelo Solomonides
Year 11 Coordinator
It's amazing to ponder how much we have squeezed into a 'short' 9 week term. Assessment tasks, assemblies, representative sport, debating, incursions, excursions, and an athletics carnival (to name some, but not all). I trust all students will enjoy a well earned break before beginning an even busier term as we enter the final semester prior to them undertaking the preliminary H.S.C. course in 2014. How time flies!

Peter Trainer
Year 10 Coordinator

Thank you to everyone for getting the Camp Medical forms by the end of term. This has greatly assisted me in working with the Camp organizers. There will be a briefing for all students early next term where such issues as correct warm clothing will be discussed – it will still be quite cold at that time of year. A reminder that the Camp runs from Monday July 29 to Wednesday July 31st.

There are still over 20 students who have not completed the compulsory Government Swim Test. As this camp is water based, it is imperative that these students complete the assessment. Mr Trotz has very kindly arranged yet another opportunity for this to be undertaken – currently this will be held during sport on Monday, July 21 at Barker pool. I will advise the students first week of next term. All these students MUST complete the swim assessment.

I had the pleasure in reading the Semester 1 reports over the past week and it was an excellent opportunity to be able to comment on a number of these. There are some students who I will be speaking to over the first 2 weeks of next term by way of addressing issues resulting from my report analysis. Some students will need some assistance in developing a plan for self-improvement.

If any parents wish to speak to me about these reports following the Parent/Student/Teacher Interviews in the first 2 weeks of next term please email me to arrange an interview.
I hope you all have a very safe and relaxing holiday break

Andrew Betty
Yr 9 Co-ordinator

I have been saying to the students that getting an education is like being given a bicycle. It can take you on many journeys, but only if you pedal. So I’m very pleased to be congratulating the many students who have been awarded Gold and Silver Principals Awards on their reports, and to the many students who were awarded Diligence Awards at our Excellence Assembly last week. Last weekend I read and signed all Year 8 reports and I will be handing out further certificates in a form assembly today. It is wonderful to see so many Year 8 students making the most of their opportunities and talents. These students are certainly putting in their efforts into peddling their educational bicycles.

Reports will be available to parents on Parent Teacher nights in weeks 1 and 2 next term. Please check that you have the PIN to make a booking with teachers online through the College website.

In tutor time over the past few weeks, we have been looking at how students can make a contribution to their community, and at the idea of happiness. We have been watching an excellent Australia series over the semester called My Great Big Adventure which deals with many issues that face our young people.

Best wishes for a relaxing and safe holiday, and looking forward to seeing everyone refreshed in Term 2.

Megan de Kantzow
Year 8 Co-ordinator
The transition phase is drawing to a close and semester two reports have been finalised. Reading over reports consolidated the knowledge I have gained on your daughter or son and I was very pleased, in most cases to identify students who had embraced their learning as indicated by their grades. Adjusting to nine different classes with nine different teachers, timetables, assessments and the structure and pace of high school is a feat in itself! I signed a great number of report that were awarded silver and gold awards, acknowledging outstanding achievement over a number of areas. This was fantastic and a terrific indication of a student who really cares about their education.

I cannot emphasize enough the importance of knowing what your son and daughter is doing in their subjects. They will be given a semester two planner at the beginning of term three and I encourage you to sit with your child and mark in the assessments that will be due in terms three and four. This will require looking at the assessment handbook for year 7 given to you at the beginning of the year. If you cannot put your hand on this important document you can find a copy of the handbook on the pastoral page of the St leo’s website. Reports will be issued to you on parent teacher night next term.

Congratulation to your son/ daughter for making it through the first semester of high school. Moreover, thank you to you as I understand the roller coast that you have had at times adjusting to this transition with your child. Have a restful and peaceful holiday.

Warm wishes
Ms Jane Roberts
Year 7 Coordinator

CURRICULUM AND LEARNING

Year 10 PASS
During term 2 Ms Stimson and Mr Wilson took their PASS classes to Millennium Gym in Waitara. The classes were completing a unit on resistance training and this element was practical application of knowledge. The students were involved in pre testing, screening, etiquette in the gym and were exposed to a variety of exercises appropriate for their age and skill level. Students finished the program by writing a variety of programs focusing on strength gains, hypertrophy and endurance. Overall the instructors were extremely impressed with the classes behaviour and maturity during the program commenting on how focused the students were and how well they applied their knowledge.

Mrs Jamie Stimpson
P.D.H.P.E.
Career News

UniOptions
UniOptions provides advice on the many pathways to university. The website aims to help students enter the university course of their choice and find out about the different options available to them.
http://www.unioptions.com/

UTSpeaks: Future Tech Seminar
Thu 11th July, 6pm to 8pm
University Hall, UTS Science Building 4, 745 Harris Street, Ultimo
This seminar will discuss how organizations and individuals can prepare for and take advantage of the changes brought on by future advances in technology.

Pathways to Your Future School Leaver Expo for Students with a Disability
Wed 7th August, 3pm to 6pm
Marrickville High School, Northcote Street, Marrickville
Students in Years 9-12 with a disability can meet with post school opportunity service providers and more about their future plans.
Contact: 9801 0471 (extension: 144), 9300 9579, or 0408 258 469

Australian Ballet School National Audition Tour
Sun 7th to Wed 10th July, Sydney
Students interested in undertaking a full time, after school or interstate/international training course at the Australian Ballet School must attend an audition.

Academy of Interactive Entertainment Industry Experience Days 2013
3rd July (Sydney), 10th July (Canberra), and 2nd October (Sydney & Canberra), 10am to 3pm.
Learn about the local and international game development, 3d animation and visual effects industries, as well as pathways and portfolios. There will also be practical workshops on offer.
http://www.aie.edu.au/ied

Engineers Australia Honeywell Summer School
Sun 1st to Fri 6th December
The Honeywell Engineering Summer School brings together Year 11 students from across NSW and ACT and provides them with information and workshops of interest to those who wish to pursue engineering as a career.
Contact: Aimee Najdovski on (02) 9410 5613 or sydschool@engineersaustralia.org.au
http://www.fya.org.au/unleashed/

Foundation for Young Australians Unleashed Summit
Sat 9th & Sun 10th November, Sydney Opera House. Unleashed is a summit for young change-makers who are working as volunteers, campaigners or social entrepreneurs throughout Australia. The summit will help them to develop skills, meet others and more.
Registrations of interest are now being accepted.

**Robogals Science Challenge**  
Registration closes Mon 7th October.  
The Robogals Science Challenge is a nationwide science competition for girls where they can compete in a variety of categories by conducting science projects or experiments with a friend or parent/mentor.  

**Fast+Fresh Dance Competition**  
Registration closes Mon 14th October.  
Fast+Fresh Dance is a competition for choreographers and dancers aged 21 and under.  
Choreographers and dancers are invited to submit short performances which will be judged by a panel of industry professionals.  
Heat 1: Casula Powerhouse on Tue 12th November, 7:30pm  
Heat 2/3: Lennox Theatre Riverside on Wed 13th & Thu 14th November, 7:30pm  
Final: Lennox Theatre, Riverside on Sat 16th November, 7:30pm  

**British Council Australia Realise Your Dream 2013 Competition**  
Applications Close Sun 28th July.  
This competition offers creative artists aged 18 to 45 the chance to win return flights to the UK and a professional development program tailored to their art practice.  
Contact: realiseyourdream@britishcouncil.org.au  

**ParraNormal Youth Artists Project**  
ParraNormal is an eight-week project where artists, writers and musicians under the age of 25 will make a 10-page online digital graphic novel and soundtrack about Parramatta.  

**QANTAS Spirit of Youth Awards 365**  
The QANTAS Spirit of Youth Awards 365 is a series of creative competitions spanning 11 creative disciplines including interactive gaming, music, writing, film making, architecture and more. Prizes on offer include vouchers for air travel, cash prizes and professional mentoring relationships with leading artists.  

**Conservation Volunteers** runs a variety of single and multi-day volunteering projects and are looking for interested people to take part.  

**Mrs Lindy Sykes**  
Careers and VET Coordinator

**DEBATING AND PUBLIC SPEAKING**

The CSDA Debating Competition has ended with two teams, Year 8 and Year 10 going as far as the elimination round. Well done to all our debaters. Next term a number of teams
from Years 9, 10 and 11 will be attending one day debating workshops run by students from Macquarie and Sydney universities.

Early next term, two students from Year 8 will be competing in the Legacy Junior Public Speaking Competition. The students, Laura Moran and Luke Antoun, were winners of the public speaking competition held as part of Year 7 English last year. We wish them all the best.

Neryle Sheldon
Debating & Public Speaking Coordinator

ABC’s Heywire Competition gives students in Years 10, 11 and 12 a chance to ‘tell it like it is’ on the ABC and in Canberra. Submit a story to the Heywire website about your life or an issue in your community. Stories can be in text, audio, photo or video formats.

http://www.abc.net.au/heywire Entries close 16 September.

My First Speech is a competition from the House of Representatives. Students in Years 10, 11 and 12 are asked to consider what they would say if they were a newly elected Member of the House of Representatives and record themselves presenting the speech on video. Two winners will travel to Canberra to present the speech on 24 August. The winning school will also receive a cash prize.


Neryle Sheldon
Competitions Coordinator

Review of Term 2 in Sport

We have come to an end of yet another fantastic and successful term in sport here at St Leo’s College.

Internal Sport

During internal sport this term we have seen maximum participation amongst our year 7 - 10 students.

Many of our students have been rewarded with House Points for demonstrating great sportsmanship / sportswomanship, diligence, improvement, team work and skill in their
sports. The House team as a whole have also gained House points should they win, draw or lose a game/match.

During the course of this last Week of term and the beginning of next term the winning Houses will be treated to Ten Pin Bowling for sport. Students receiving individual votes for House points will also be rewarded with the winning House at Ten Pin Bowling.

Sports offered this term are listed in the table below:

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<thead>
<tr>
<th></th>
<th>Mon - Yr 9</th>
<th>Tue - Yr 10</th>
<th>Thu - Yr 8</th>
<th>Fri - Yr 7</th>
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<tbody>
<tr>
<td><strong>Girls</strong></td>
<td>Street Hockey</td>
<td>Netball NSW</td>
<td>Softball</td>
<td>Soccer</td>
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<td></td>
<td>Netball</td>
<td>Tennis</td>
<td>Indoor Soccer</td>
<td>Badminton</td>
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<tr>
<td><strong>Boys</strong></td>
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<td>Indoor Soccer</td>
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<td>Gaelic Football</td>
<td>Softball</td>
<td>Table Tennis</td>
<td>Basketball</td>
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<td>Kickball</td>
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<td>Euro Handball</td>
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**Competitive Sport**

St Leo’s College has remained strong in competitive sport amongst our brother and sister schools in the Broken Bay Secondary School Sports Association.

We have also proved strong in the NSWCCC competitions and local All-School Competitions.

We started the term strong with Kaitlyn Pejkovic, Lachlan Hinds, Rohan Bright & Thomas Peregrina being selected into the Broken Bay team and performed outstandingly at the NSWCCC Swimming Championships.

Soon to follow the NSWCCC Swimming was the BBSSSA Cross Country. The Cross Country team trained during the course of term 1 including in the school holidays which really demonstrated the commitment of the team.

We had our biggest team to date compete in the BBSSSA Cross Country Championships listed below.
At the BBSSSA Championships Bethany Halmy, Joseph Jones, Harry McAllister, Elouise Princi, James Smith, Harvey Timms, Mark Tobin and Rowan Wood were selected into the Broken Bay team to compete at the NSWCCC Championships.

At the NSWCCC Cross Country Championships Bethany Halmy finished in first place in the U/18’s and Harry McAllister was part of the U/17’s team who won a silver medal.

During week 3 of the term the U/15’s boys rugby league team entered into the Manly District All-Schools Rugby League Gala Day and did extremely well proving very competitive just missing out in the semi finals.

This year St Leo's had a large number of boys selected into the Broken Bay Rugby team which consisted of Adam Page, Brendan Dale, Elijah Bates, Jack Pollard, Andrew Taylor and Pat La Torraca.

The Broken Bay team competed in the NSWCCC Rugby Tournament and Adam Page was successful in being selected into the NSWCCC team to play in the All-Schools Competition later this year.

On the 29th May the College hosted its annual track and field carnival. The day was a huge success with Loyola House winning the championship.
The fastest female at St Leo’s was Bethany Halmy and the fastest male was Jordan Barnes.

Week 8 was a busy Week of sport for St Leo’s. The College had teams competing in soccer and rugby union.

The Broken Bay U/13’s and U/15’s soccer gala day was held in North Manly. Both our boys and girls teams had a fantastic day. Our boys teams both made the semi final but were unfortunately beaten in a very tight game.

The rugby union was also a great day for our boys. St Leo’s proved to be very strong during the course of the Rugby 7’s Tournament and at the 15 a-side Rugby Gala Day. Stand-outs from both competitions were Adam Page, Elijah Bates, Brendan Dale, Sam Porter, Jack Pollard, Tim James, Luke O’Neil and Pat La Torraca.

Aerobics at St Leo’s has grown from strength to strength. This term we had the preliminary round and then the state titles. Our girls have been training so hard, early mornings, lunch times and after school leading up to the state titles. At the state titles we had one of our best results with 18 girls making the nationals.

The 18 qualifying girls will be attending the nationals mid August on the Gold Coast.
Our boys basketball teams have continued to train weekly. They entered into the NSWCCC tournament and went extremely well against much taller teams. Our Junior team qualified for the state finals which will be held in Tamworth mid August.

To finish such a fantastic term in sport we had our own Lachlan Hinds achieve yet another great feat. He flew over to New York to swim around Manhattan Island and did so successfully. It was only last year that Lochi completed the great swim across the English Channel.

The results speak for themselves. St Leo’s have had a spectacular term in sport with many great results.

A huge thank you must go out to all parents, coaches and staff who were involved in the development of our students in sport.

All our students involved in sport this term must be commended for their achievements. It is their dedication and hard work that has contributed to their success.

These students not only represent themselves but the rest of the school and the wider community being us.

Well done!

I look forward to a bigger and better term 3.

Track & Field Carnival Results

**Age Champions.**
House Team Points

### 2012

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<tr>
<th>PLACE</th>
<th>TEAM NAME</th>
<th>HOUSE POINTS</th>
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### 2013

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<th>HOUSE POINTS</th>
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<td>1st</td>
<td>AQUINAS</td>
<td>3283</td>
</tr>
<tr>
<td>2nd</td>
<td>LOYOLA</td>
<td>2727</td>
</tr>
<tr>
<td>3rd</td>
<td>XAVIER</td>
<td>2345</td>
</tr>
<tr>
<td>4th</td>
<td>CHANEL</td>
<td>1823</td>
</tr>
</tbody>
</table>
Surnma: Halmy  
First Name: Bethany

DOB: 11 / 05 / 1995  
Year Group: 12  
House: Aquinas

Sport: Athletics & Cross Country

Event: Athletics - 400m & 800m  
Cross Country - 6km

I Achieved...
In cross country this year I came first at both Broken Bay and NSWCCC. I am looking forward to competing at the upcoming All-School Championships on the 19th July 2013.

Last season in athletics I competed at the National Championships in Perth for the 400m, 800m and NSW 4 x 400m relay. I placed 7th in the 400m and my team won a gold medal in the 4 x 400m relay.

How do you prepare yourself leading up to an important event? 
I ease back on my training a bit so that my muscles can recover and I don't get too tired or fatigued.

I sometimes like to check the competitor start lists and weather forecasts so that I know what I am in for.

Prior to an event the night before I always have pasta.

What drives you to succeed? 
I like the feeling of success and doing well. I also enjoy seeing the excitement of my friends and family when I hear my result.

What do you like most about your sport & competition? 
I like the friendships that I have made both at training and competition. I also just like running, so I enjoy it!!

Who do you regard as your Role Models & Mentors? 
I look up to older athletes at training and at competition. I am always looking for advice on how they coped with similar situations to me.
RISE STAR OF ST LEO'S COLLEGE

Elite Athlete Profile

Surname: Hinds  First Name: Lachlan
DOB: 20 / 08 / 1995  Year Group: 12  House: Aquinas

Sport: Swimming
Event: Marathon Swim - Manhattan Island

I Achieved...

On the 6th June 2013 I swam around the island of New York in a time of 7 hours and 20 minutes.

How do you prepare yourself leading up to an important event?

I trained 10-15kms a day in the pool and swam 4-6hrs each day on the weekend.

What drives you to succeed?

I succeed due to my need to be the best I can in swimming and everyday life.

What do you like most about your sport & competition?

I like the time to think, concentrate and reflect. I also enjoy the mental toughness needed to complete the swim.

Who do you regard as your Role Models & Mentors?

My role models and mentors that I have are Michael Renford and Tony Johnson.
RISEING STAR'S OF ST LEO'S COLLEGE

Elite Athlete Profile

Surname: Bright  First Name: Rohan
DOB: 31/03/1998  Year Group: 9  House: Loyola

Sport: Athletics & Swimming
Event: World Dwarf Games

I Achieved...
Representing my country Australia in an international event in two sports: Athletics & Swimming.

How do you prepare yourself leading up to an important event?
I focus a lot more, train harder so that I can reach my goals and I try my best.

What drives you to succeed?
Setting higher standards for myself to achieve my best.

What do you like most about your sport & competition?
Being able to meet new people and make new friends.

Who do you regard as your Role Models & Mentors?
James Magnessum and Usain Bolt.

Upcoming Representative Sport Opportunities
ALL SCHOOLS CROSS COUNTRY

BBSSSA NETBALL

ARU RUGBY GALA DAY

CCC NETBALL CHAMPIONSHIPS

AEROBICS NATIONALS

BBSSSA ATHLETICS
August 26 - Basketball - Tamworth
August 29 - Athletics Schools K.O.
August 30 - BSSSAA Surfing + BSSSAA Golf

September 10 - Yr 7/8 All Schools Touch
September 13 - CCC Athletics
October 18 - BERG/Downie Cricket Begins
BBSSSA Tennis + BBSSSA Volleyball

BBSSSA Biathlon

BBSSSA Surf Lifesaving